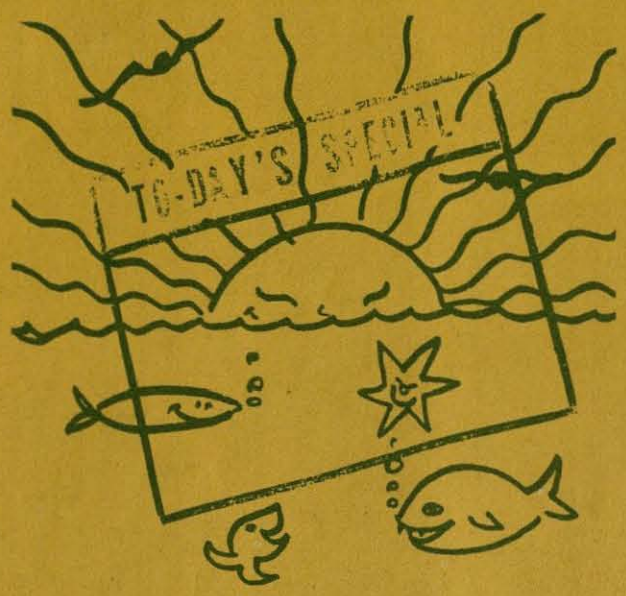
A GUIDE TO ORGANIC LIVING

$1

natural life styles -1

























INFORMATION EXCHANGE - REAL GOOD NEWS - EUELL GIBBONS - SUPERMARKET SURVIVAL - ORGANIC PROVISIONS



NATURAL LIFE STYLES is an organic guide for living. We attempt tp serve as a responsible information exchange for people tuning in on themselves and their environment. REAL FOOD for the body and soul is our chief concern...painted cakes do not satisfy.



GETTING IT ALL TOGETHER

INSPIRATION & IMAGES

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HELP FROM OUR FRIENDS

Real Food
Joan Elliot
Roberta Sands
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Rodale Press
Mother Earth News
Whole Earth Catalog
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THREE LEGGED DOG CLUB



MR. & MRS. ANGELO ABATE
125 EAST 24TH STREET
NEW YORK, NEW YORK 10010



JERUSALEM ARTICHOKE
this "wild sunflower" is abundant along roads and in old fields. The tubers are delicate and rich.





GROUND CHERRY
or "husk tomatoe" is found along roads and fields. Pick when fruit has turned from green to yellow, brown or redish" for a gourmet addition to salads, omletts or make jam. In Hawaii it is known as "poo-ha".

AN UNCOMMON DAY: THE EUELL GIBBONS TAPES

SALLY

We'd be hard put, most of us, to say why we love someone - a vulnerability, a Weltanchauung, a quality. But there are meetings which restore us to what is best in ourselves - and that does endure, making everything else worthwhile. Friends can do this, or new lovers, and there is another kind of restoration which returns us to the world, the natural order of things with vision peeled. That is what poets do.

All these worked in us on the late afternoon descent from Amish country, back past the monstrous American primitive painted waterfall proclaiming NATURAL WONDER! and the fumes and toll baskets of interstate highways. We were, quite unabashedly in love, or infatuated, anyway exhilerated and Isabelle couldn't believe we's been there at all.

For the past 28 hours, with five hours off for sleep, we'd talked non-stop almost, asking all the questions about natural history that had ever occurred to us, meeting finally those wildlings we'd only read about; mutually revealing half-buried, ignored, or hidden fragments of ourselves. Such a pitch cannot be maintained indefinitely; we reach it in relationships not yet cluttered with habit, with those whom we seldom see, or when leave-taking must occur. With Euell it was all these things.

The intial meeting, after six months of letters, was direct and brief. We were late for Quaker meeting and we peered through windows into the silent Bucknell library and retreated, uncertain about what we ought to do. A lanky, middle-aged man, flushed and somewhat greying, unpretentiously dressed, came to our immediate rescue. We stared hard at one another - with alarm, almost. On our side there was an image of a maker of words for whom we'd conceived affection: Euell Gibbons is a wild chef par excellence, and naturalist who writes of his friends, the plants, with loving persuasion. His trilogy, which includes STALKING THE WILD ASPARAGUS, STALKING THE HEALTHFUL HERBS, AND STALKING THE BLUE-EYED SCALLOP, together with his BEACHCOMBER'S HANDBOOK have established him as THE authority on wild food. Would the real man disappoint us? Perhaps Euell intuited this. Then, too, within every public figure there must surely be a horror of the journalist who must, by definition, undress, probe, ultimately exploit.

We went in and sat down to spend the next hour in silent meditation.

It is uncommonly difficult to sit quietly and not meet the eyes of whoever sits opposite you; but that is what happened. Fifteen extremely wholesome-looking people of assorted ages, with unadorned, ingenuous faces, red vest, powder blue trouser, fishnet stocking, dungaree, sat facing one another in a circle of wooden chairs, staring floorward or ceilingward, practicing what is perhaps the simplest and most sophisticated, certainly one of the holiest endeavords known to man. They sought revelation, a sense of Self, the God between and in each one. Telepathy occurs so often during meeting, Euell says, the Quakers have ceased to marvel at it.

The young woman opposite me, relaxed, with a calm inward gaze and a half-smile at whatever she sensed to be in the room - or was it her own head? - crossed and re-crossed her legs with extreme care.

Students passed under the partly-open window, tall clock hands clicked through Roman numerals, but neither interrupted the deep silence peculiar to libraries or some churches - wherever profound spiritual activity is taking place.

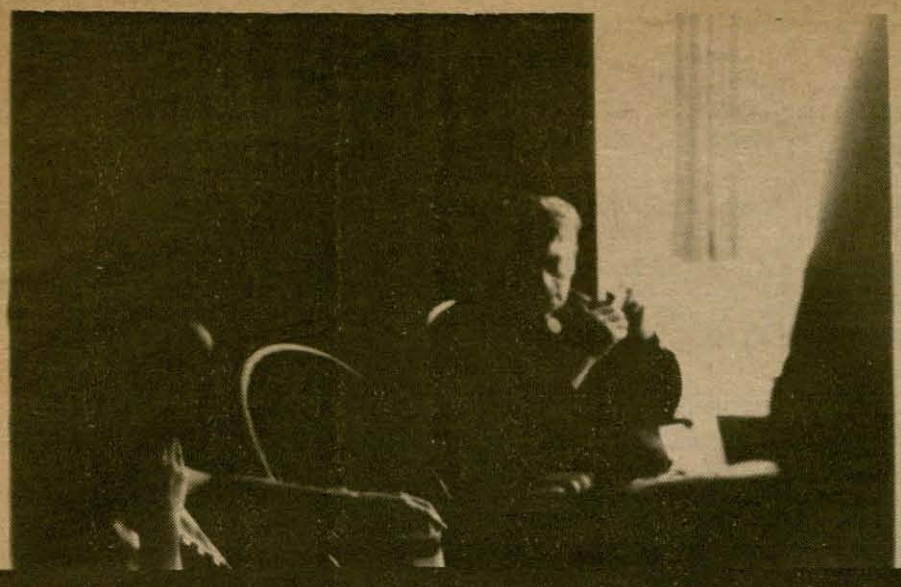
Euell spoke finally from the far end of the room, in subdued tones, as if he did not wish to intrude upon the silence.

"...we have worked together with people from many faiths: Jews, Hindus - a good many Hindus - Moslems of the Sufi sect. But the one person we can never seem to work with is the fundamentalist - the man who knows he is right."

If a few statements could capsulize Euell's attitude toward life, this must surely be among them. He refuses to be encased in dogma or enthralled by a particular way of life. Once boat-builder, carpenter, Pacifist since World War II, hobo, Communist until the Russians invaded Finland (his present political belief is a non-doctrinaire, non-violent radicalism), beachcomber, member of intentional communities (he co-founded one), Euell says of himself, "I might be doing something entirely different a few years from now. What matters is the 24 hours I am now living; and I want to live each one as fully as I can." The thought is not singular, but Euell's commitment to it is.

He finished speaking: "The fellow who says everything is relative has to include that in his statement: everything is RELATIVELY relative!"

EUELL GIBBONS



OUR FIRST ENCOUNTER WITH EUELL WAS NON-VERBAL. WE SAT IN SILENCE, TOGETHER, AT A QUAKER MEETING.

"...We have worked together with people from many faiths: Jews, Hindus--a good many Hindus--Moslems of the Sufi sect, but the one person we can never seem to work with is the fundamentalist--the man who knows he is right."



A FEW HOURS LATER WE WERE BOUNCING ALONG DIRT ROADS IN HIS OLD BLUE STATION WAGON, STOPPING UNEXPECTEDLY AS EUELL WOULD SPOT SOMETHING.....



"The educational systems are actually teaching 'nature, the menace' and then hoping to enlist these kids in rapacious competition with 'nature the red in tooth and claw'."

HE DIDN'T SEE THINGS-HE JUST KNEW THEY WERE THERE AS HE STRUCK A BEE LINE INTO THE BRUSH.....

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PAULING & VITAMIN C

The United States continues to respond to the article by Nobel prize winner Linus Pauling regarding his consumption of vitamin C. It is gratifying in a sense, but typical of Americans they are grasping at straws and looking for a "pill" for a need. Nutrition, and avoidance of colds and infections, entails much more than a lot of vitamin C as most readers of this column know. As for the vitamin C itself, NHF reminds you of the value of the natural or organic C COMPLEX as opposed to the cheap, incomplete plain ascorbic acid. Ehrenfried Pfeiffer, M.D. and the Firman Bear report from Rutgers both bear out the superiority of the natural product. Read your labels.

WHY MERCURY?

If you are afraid of mercury pollution write your legislators and ask that they pursue a course to substitute its use with diatomaceous earth and pyrethrins. Both are natural, non-toxic substances that will do the work of mercury. Of course this means "bucking" the chemical companies in America.



The woman beside Euell was writing all this while with the air of a practiced note-taker. Her collar-length hair was youthfully dark, her hands, her carriage looked strong and competent. This had to be Freda, who, the more we saw of her, seemed the less to fit any stereotype we might have of "the writer's wife."

But they are both too resilient to be squeezed in any mold.

Quaker meeting over, Euell, who had been slumped in a flowered sofa at the far end of the room, rose to his full 6'2" and ambled toward us, attracting a wake of students with whom he was on obviously friendly terms.

He is lean, and he doesn't look much like his book jacket pictures. His features are more defined, the bones firmly molded under thin skin that flushes easily. Above it, a thick hank of curling grey stands poised for flight. And he is stooped, as if years of bending over small natural objects and then a typewriter had finally shaped his body to its work. Short boots, the modified Texas drawl betrayed his origins.

The students disperse and we head for our littered car. Without addressing us directly, Euell had, in the mostly silent hour or so that had passed, presented us with the people and ideas which figure most prominently in his life: certainly Freda, the Quaker faith and kids. Euell has strong feelings about the American educational system, certainly about how "nature" is taught.

"These kids are warned NEVER to pick anything unless they are making leaf collections, or some other such nonsense, and to never, never taste of anything because some wild plants are poisonous. They are actually teaching 'nature, the menace' and then hoping to enlist these kids in rapacious competition with 'nature red in tooth and claw'."

To help set the balance right, Euell has involved himself in various educational projects. For the past few summers he has spent some weeks on Hurricane Island, Maine, where he has set up a survival program for Outward Bound. Presently, he is beginning a snowballing project whereby he will take groups of Bucknell students on one-day field trips with the understanding that they in turn will each take out two groups of school children within the next two weeks. And at the time we visited, Euell was preparing for his annual November camp-out with a group of Quaker school children.

"I'd planned to take you over to the girls' dormitory for some acorns," he said, folding himself into the car, seemingly quite at home as he maneuvered around notebooks and his own books underfoot, a hardboiled egg cooling on the dashboard, and Adam, the hound, snuffling forward with friendly interest. "But it's getting late, and acorns aren't on the menu anyway. We'll have lunch first, then get to the wild things."

In Lewisburg where Euell treated us to lunch, the silent America surrounding seemed to evaporate as he talked with considerable eloquence and warmth. He is a raconteur, and listening, one senses an abundance that spills over into books, relationships, being. He by no means saves himself up for writing; he is his writing with all the stops pulled.

We spoke somewhat of his writing, (Boston University has established a Euell Gibbons collection) early background, present state of health.

He was, during childhood, mostly poor. Father Gibbons tried various careers that included contracting, ranching, farming, sawyering, salt mining, grocering and blacksmithing. Nothing seemed to take hold, and Euell's mother, Laura, and five children often had to make do with pinto beans, a little syrup and Laura's Tennessee grit. And a penchant for sniffing out wild foods.

Foraging has been, in fact, sometimes a means of actual survival for Euell; perhaps the earliest instance being a summer when the Gibbons family first moved to the Estancia Valley in New Mexico. Euell was twelve at the time, his father was off on an ordinary chimerical mission, and the family verged on starvation. For the month until his father returned, Euell and family kept body and soul together with nuts, prickly pear, rabbit and wild greens - all of which Euell foraged.

In the 1930's Euell organized migrant farm labor in Cal. for decent wages with the Communist party, wild food was again a staple. And later in Hawaii, where he lived as a professional beachcomber for three years before becoming a full-time student at the University of Hawaii.

That was where he met Freda. "He was in my music appreciation class," she told us later, "and he worked on the newspaper nights, so he'd sleep in class. All of us thought he was a dope."

After Hawaii, the Gibbons returned to the Mainland where they lived from time to time in intentional communities. Euell co-founded one of them in Greenfield, Indiana, but left after a while because "the other fellow wanted to spend all his time growing corn - not

inued on page 36



SUPERMARKET SHOPPING

Not everyone is handy to a health food store; some feel they couldn't afford to shop there anyway. The foods and products listed below are not, of course, organic, but neither are all "health food" items.

Non-phosphate Washing Compounds

Disregard propaganda about phosphates as the only cleaners that work -- they function mainly as water softeners. Some stores sell Eco-lo-gy, but it isn't cheap. Otherwise, try Ivory Snow or Lux and washing soda in equal amounts. In hard water areas, this combination may form a curd. Try soda in the soak cycle, then proceed with the soap.

SUPER MARKET SURVIVAL

SALLY

Scrubbing Preparations

Pollutants inside the home can be as health-hazardous as those without, but at least here we can exercise some control. The fuel you burn can be a pollutant; electricity is cleaner than gas, oil and coal. If you use scouring powder, look for Bon Ami -- it's the only non-chlorinated one I know of. And what do you use for washing floors and walls? Fumes from most chemical compounds are as bad for your lungs as the preparation is on bare skin. You can buy a 3-lb. 7-oz. box of Arm and Hammer Washing Soda for about 45¢; it will clean more effectively than the majority of liquids and powders, and it's odorless.

Bath Soap

The thing about anti-bacterial soaps is that in the process of destroying undesirable bacteria, they also kill off friendly flora which form a protective shield against infection. And perfumed soaps can be irritants. Stick with good old Ivory.

Cooking Oils

Because cotton is considered a non-food crop, the plants are heavily doused with chemicals. Cottonseed oil is often an ingredient in blended oils and margerine, so watch out! Planter's Peanut Oil is your safest purchase -- no preservatives used. Must be refrigerated, however, or it will turn rancid.

And speaking of margerine: read the label carefully and decide whether you really want to eat all those preservatives and colorings and chemicals. Fleischman's, without preservatives is less adulterated than most; soft margerine has fewer saturated fats. Margerine is vegetable oil which has been hardened by beating in hydrogen molecules. Fat build-up in your arteries takes place as it does with butter. So why not use butter? If you have a blender, you can make a week's supply in a couple of minutes using fresh or sour cream and ice. Use sparingly, substitute oils whenever you can, make sure your diet is rich in lecithin, and it's not likely that this concession to your palate will do you in.

Bottled Spaghetti Sauce

A reliable inside source tells me that the Ronzoni ads really mean what they say -- olive oil, meat, tomatoes are used rather than chemicals and starches.

Crackers

Streit's Matzah uses unbleached flour and no preservatives. Crisp and bland, they go well with anything. Allgrane wafers may be available in your supermarket also. Then there's hardtack and Finnish crispbreads.

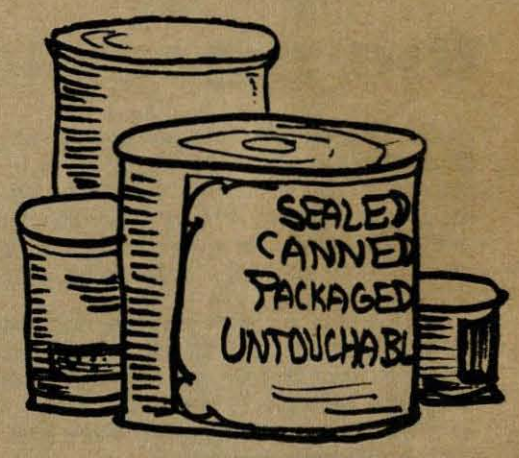
Grain and Cereal

White flour, among other things, is bleached by gas. You'd get more nutrition by eating the bag it comes in. Tastes better, too. Indian Head stone ground corn meal is manufactured by Wilkins-Rogers, Inc., Washington, D.C. 20007. Then there's Hecker's unbleached, Robinhood wholewheat flour. Cereals: old fashioned Quaker Oats is a good source of iron and protein. Cook it in milk instead of water, less than five minutes if you wish. Bottled wheat germ can be very tasty if it's fresh -- but make sure it's fresh! Rancid wheat germ tastes awful, and the vitamin E's gone out of it. For a cold breakfast, if you're not up to wheat germ, try Uncle Sam Cereal, nuts, yogurt, fruit, good bread with cream cheese or peatnut butter.







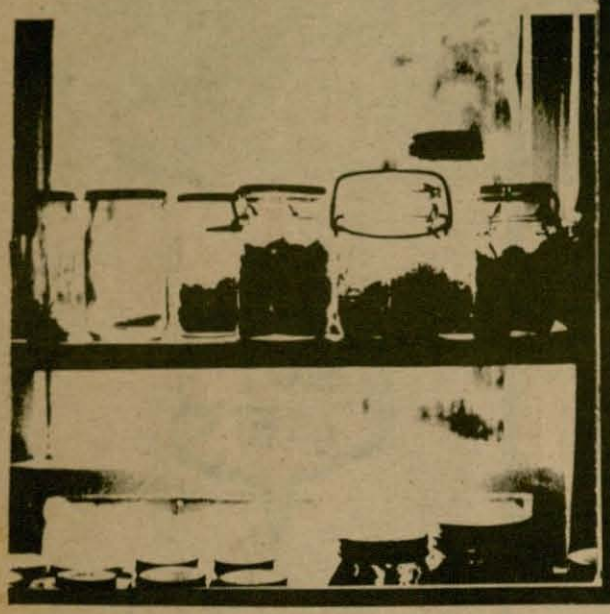








More than two-thirds of our nation's hens lay eggs without ever touching ground, denying them access to natural minerals and trace elements from the soil.



Molasses

Crosby's Barbados and Grandma's unsulphured.

Sweeteners

Sugar is not recommended. When you must, use old fashioned brown, not the granualted kind, and keep it soft by storing in an air-tight container with a piece of bread which is renewed from time to time. Honey can be used instead of sugar in most instances - use less than half the amount of sugar. Things made with honey are moist and keep well.

Apple Juice

Red Cheek.

Tinned Bacon and Ham

Danish. American pork is radiated among other things. To my knowledge, the Danes do not yet use radiation.

Dry Milk

Alba retains more nutrients by using a low-heat spray process.

Paper Products

White. (Dye leaches into water systems.) Unscented napkins, paper towels and toilet paper. White unwaxed bathroom Dixie cups are best for you and the ecology.

General Rules of Thumb

Buy unpackaged products when you can; fresh foods rather than frozen, but frozen is better than canned. Avoid "pasturized", i.e., cooked) orange juice, hot dogs, convenience foods, mixes. Use pure rather than imitation extracts. Bake your own bread and pastry. Wash fruits and vegetables thoroughly and peel them. Nutrients lie close to the skin, however, so do not peel deeply. Use dry soup mixes rather than canned soups. Consider imports. Chemical farming, processing, preserving and other sins against nature are less prevalent - so far - in Europe than here. But read the label. Those lovely English tea biscuits may be no more "natural" than their American cousins.

the sugar story

By Fred Rohe

No Organic Merchant sells white sugar or any products containing white sugar because it is a foodless food. It is 99.96% sucrose and when taken into the human body in this form is potentially dangerous. It is touted as an energy food, but such propaganda is misleading for there is ample evidence that white sugar robs the body of B vitamins, disrupts calcium matabolism and has a deleterious effect on the nervous system.

The above material can be concluded by anyone through reading, but in addition to the reading, I have taken the trouble to visit sugar refineries in both Hawaii and California. Aside from general curiosity, my reason for these visits was that I had been selling "raw" or brown sugar without understanding what they are. There was no information available which seemed dependable.

Sugar cane is grown with the use of synthetic fertilizers and weed sprays. The fields are burned just previous to harvest. These are destructive agricultural practices; nothing truly good can come from soil so mistreated. I would, therefore, be uninterested in consuming anything derived from commercially grown sugar cane, either brown sugar or molasses.

Sugar refining is largely a mechanical process done in truly huge machines which boil, spin, filter and separate. Aside from water, the materials which enter the processing are lime, phosphoric acid and diatamaceous earth. I don't consider any of these additives significant where white sugar is concerned because one thing is certainly true about white sugar; it is "pure." No chemical residues could possibly remain at the end of the line, so effective is their purification process.

There are three kinds of sugar which are not white: light brown, dark brown, and Kleenraw. They are all made the same way — by adding back molasses to refined sugar. For years I had heard several different versions of how these so-called "raw" sugars are made. All of them led me to believe that the so-called "raw" sugar which has traditionally been used in the health food industry is a "partially refined" product removed from the refining process sometimes before the final stage of white sugar. But my investigation has proved this impression erroneous. All forms of non-white sugars are made from a base of white sugar.

The numbers go like this: Partially refined or "raw" sugar is 97% sucrose when it leaves Hawaii and goes through a gigantic California refinery to produce refined sugar, 99.96% sucrose. For Kleenraw they add back 5% molasses, for light brown they add back 12% molasses, for dark brown they add back 13% molasses. A special crystalization process is used for Kleenraw designed especially to create a raw-like illusion.

All sugar companies use similar processes, as it is against the law to sell sugar which has not been refined. Ostensibly, the purpose of this law is to protect us; in realtiy it means we have no freedom to choose what kind of sugar we would use. Personally, I would like to be able to buy sugar from organically grown cane in the form of an almost black, syrupy mass of crystals. It is rumored that the law which prevents us from buying such true raw sugar was enacted as a result of powerful lobbying on the behalf of the sugar refining companies.

Organic Merchants do not sell brown or "raw" sugar or any products containing brown sugar either, because the plain fact is that brown sugar is a shuck (for those not familiar with the term, let's call brown sugar phony).

It does not seem to me to be good judgment to ban white sugar because it is refined to the point of foodlessness containing neither vitamins nor minerals, a definite potential human health hazard, and then turn around and sell a product which is made from 87% of the very same white sugar. Having done a thorough personal investigation, I can assure you that brown sugar is nothing more than white sugar wearing a mask.

Besides not liking the 87% part of brown sugar — meaning the white sugar — I don't much like the 13% part either — the molasses. For one thing, the ecologically unsound agricultural practices I mentioned previously; for another thing, those mammoth filtration units the molasses comes out of which are filled with charred beef bones. A representative from one of the sugar companies who came to see me to answer some questions from a letter I had written said the burned beef bones were to give the white sugar a more pleasing "aesthetic" effect. He explained that burned beef bones make white sugar whiter. Of course it's purely personal opinion, but I say God save us from such "aesthetics."

I have not seen Turbinado or Demarara sugar produced, but my understanding of sugar processing enables me to make the following wager with complete confidence: I'll bet Turbinado sugar is at least 95% sucrose. I'm so confident that I would not lose those bets that I won't sell Turbinado or Demarara either. That wager makes no pretense of being founded on "scientific" grounds but on first-hand experinece of what sugar looks like during the refining procedure.

Not having known the facts, some Organic Merchants have allowed so-called "raw sugar" to have a home in their stores. Probably, some products containing it are popular. Our intention is not to take the pleasure out of anyone's life, but to play a part in upgrading the quality of American food. If enough of us stop buying junk — even the better junk — the food manufacturers will listen.

So what are you going to use for a sweetener if you never allow sugar to cross your lips? Half the amount of honey should be used in substituting for sugar in recipes. Beyond that, it's all experimental. Try carob, molasses, carob syrup, unrefined sugar cane syrup, date sugar. Best experiment of all is to follow the advice of J. I. Rodale: "We receive many letters from readers asking what kind of sugar to use. So far as we are concerned, the answer is none . . . if you would be healthy, omit all sugar and just get accustomed to doing without it."

Reprints available from: Organic Merchants, c/o Erewhon, 8003 Beverly Blvd., Los Angeles, Ca. 90048, 651-3787



SAVE A TREE'S LIFE - RECYCLE YOUR PAPER

The arguments for saving our forest resources range from their importance in our oxygen cycle to the pure aesthetics of undisturbed forest lands. A major concern among resource-aware persons is the fact that the bulk of our country's paper production goes into unnecessary packaging and lavish printing which for the most part is used once and then burned or buried - in either case a totally lost resource as far as practical recovery goes. To put it simply - a tree grows, requiring land resources and management energies. It is harvested and converted into lumber, paper, etc. These are turned into products which once used are discarded in such a manner that they cannot be recovered and used again as paper, insulation, wall board, etc. This requires the harvesting of additional trees to fill a need which could be met largely by what we already have removed from the land.

According to a recent article in the San Francisco EXAMINER & CHRONICLE:
"FOR EVERY TON OF REPROCESSED NEWSPRINT, THE EQUIVALENT OF 17 TREES WILL BE SAVED". This same logic would apply to boxes and other paper forms. Another big argument for reclaiming paper is that it makes up the bulk of all garbage collected. Paper collection would save municipalities thousands of dollars by eliminating the disposal costs for millions of tons of paper.

There is a market returning for recycled paper among printers and it will grow more rapidly if everyone who has a connection with a business, college, publishing house, etc., applies pressure on his printer and paper supplier to provide recycled paper; it is usually a little less expensive and equal in quality.

Collect paper as a community project or for a profit for your commune. This would be an obvious solution to the group which seeks an income which is the product of service. The success of this would depend on the trucking cost to your nearest recycling mill.

According to PREVENTION magazine, the town of Irvington, New Jersey is adopting an ordinance to prohibit residents from placing paper in their garbage cans. The community's town truck takes the 200 tons of home-delivered newspapers directly to the Garden State Paper Company of Garfield.

Many natural food stores rubber stamp their paper bags - "SAVE A TREE'S LIFE - RECYCLE YOUR BAGS". Customers respond by returning with large bundles of paper bags which stores reuse, often saving the store $30 to $50 a month in new bag costs. People don't mind taking a recycled bag, in fact, many refuse to take any bag with their smaller purchases!

Active ecological shoppers take the point home to the large chains which insist in over-packaging by stripping their purchases on the spot and returning the extra baggage to the manager.

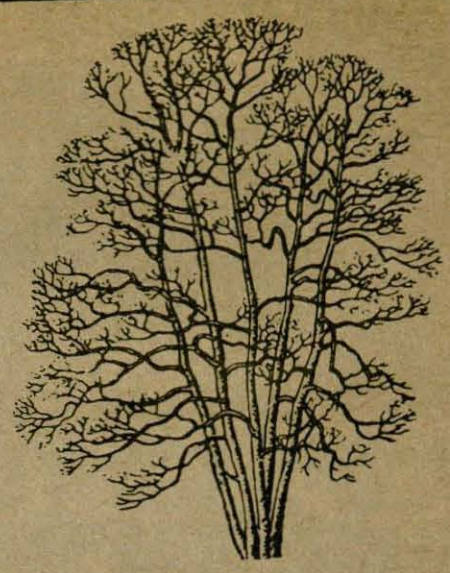
Another way to tie a paper recycling project into your community is to organize a tree preservation and replanting committee which would enlist existing organization's energies to publicize and collect paper. The profits from the sale of the paper would go to tree surgery on large old timers, starting a tree farm which could offer large replacements for diseased and wind damaged trees along town strees and the forestation of municipal lands.

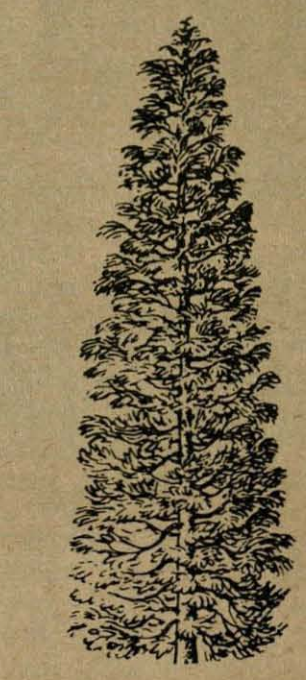
OTHER TREE THOUGHTS

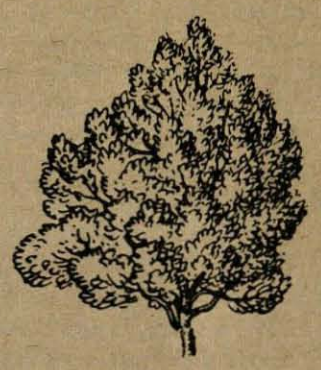
If you have country acreage consider tree farming. Various government agencies offer financial assistance, woods management and "road beautification" with few strings attached. Write THE GREEN REVOLUTION at the School of Living, Rt. 1, Box 129, Freeland, Md. 21053 for Vol. 8, Number 8, devoted to trees, send them 35¢.

A dream. Instead of burying our last 98¢ worth of remains in an expensive metal box to protect us from nature. Why not burial forests where one would be simply buried in a decomposable box or sack with a tree seedling planted over us which we would eventually assist. There would be no bleak cemeteries, only forests of soul-nourished trees where visitors might meditate, play and picnic.

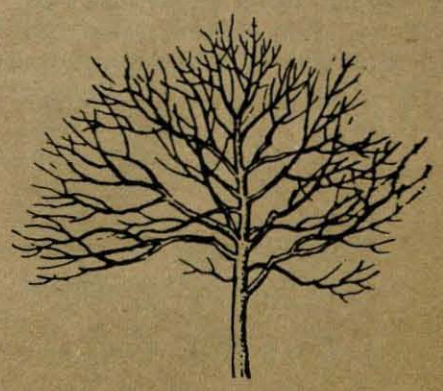
Bob













LETTER FROM A HIP VEGAN

Oct. 24, 1970
While reading your article in the Green Revolution, I could not help but think how great it would be to pass on to you some NEWZ.

We, Trisha and I, were living in New Orleans around April or so, '70, both into dope and or rather but looking for something more meaningful to our lives. You understand I'm sure the quest or Way. But still could find no legitimate, earnest people to share what we knew and help us with what they knew. A friend of mine from Canada was travelling around and had just come from a place in New Jersey where he worked, co-op, with a man who has devoted his life to the teaching of vegetarianism, Veganism Natural Hygiene, (of which all are included), and Gandhism. He has turned his home into a resort for people to come and learn to live. He teaches in a logical now way of dynamic non-violence or Ahimsa.

Rob, my friend, had brought with him a bundle of information which rocked our souls.

So we went to Suncrest, an Educreational Resort run by H. Jay Dinshah, Malaga, N.J. We worked there for 4 months or so with no pay only room and board.

Anyway, this is what I would like to share with you and your family. We have ceased our use of "da dope" for health reasons as well as for spiritual development.

But if you are into Macrobiotics, Zen, fasting, ovo or lacto vegetarianism, or one step from starvation diet or you don't use animal foods for reason, being your own, PLEASE listen.

continued on pg. 25

NATURAL LITERATURE

A Review of Together Earth Publications

EARTH LIBERATION FRONT PROPOSAL-ELF's inspiring story of their wanderings last spring, and plans for more this fall. A bus, dome, truckstore, alternative organic life-style commune that sets up Earth Festivals at campuses. National Student Association, 211 5th St. NW, Washington, D.C. 20038.

GREEN REVOLUTION-The School of Living's monthly newspaper on the makings of an organic counter-culture. A lot of information, some teachy, some exciting. The only issue I've seen had a few pages on chickens, information on some very fine ashrams and communes on this continent, some fair stuff on decentralization and the movement. Rt. 1, Box 129, Freeland, Md. 21053. $4 a year, free sample.

HOLOCENE GAZETTE & COUNTRY TRAVELLER; ROOT, BRANCH & MAMMAL-"We seek an environment which works so well we can run wild in it!" R,B&M is a regular, while the Gazette is very occasional. Heavy "bulletins of animal discourse," from the Center for The Study of Cultural Morphology and Mutation. Radical ecology manifestos, etc. Monthly. RFD, Tunbridge, Vermont, 05077. Free or by donation.

MUIR AND FRIENDS-Newsletter published at intervals by Friends of the Earth and John Muir Institute for Environmental Studies. Committed to preservation, restoration, and rational use of the ecosphere. Keeps you informed on conservation and antipollution lobbying and lawsuits besides articles such as "On Being the Ralph Nader of Your Block." Keeps you in touch with the activities of FOE David Brower, Gary Snyder, Joseph Wood Krutch, Eliot Porter, and others. 451 Pacific, San Francisco, Calif., 94133.

EARTH READ OUT/SW-Keith Lampe and others from Berkeley, now at a commune information gathering that puts out a rock strong occasional newsletter. "Libertarian decentralist postcapitalist eco-political alternative." (See the ERO page in this ish) Box 1048, Las Vegas, N.M. 87701.

GUIDE TO ORGANIC FOOD SHOPPING AND LIVING-Rodale's listings of organic food sources, suggestions on what to look for (good and bad) in all stores, plus some newsy, faddish articles on the increasing popularity of organics. The lists help. Rodale Press, Inc., Emmaus, Pa. 18049. $1.

ECO-LOG-a gathering on paper, of Students Organized for Survival & the world. S.O.S. is the eco-activist group at Cornell College, Mt. Vernon, Iowa, Central Prairies & Grasslands. It gets together peoples and other animals and plants for such things as read-ins, garbage death processions, speakers, earth flag raisings, festivals of the earth, landscape dances, organic feasts, prairie burnings, canoe trips, alternatives to auto death expostions, and then some.

PLUG IT



MILITANT SOLUTIONS TO POLLUTION

The N.Y. Times recently reported a town in Italy was being polluted by a local factory. Townspeople have threatened to blow it up if it continues!

"If it pollutes - plug it" was heard two years ago already on a Boston radio station.

For years disenchanted New Yorkers have been mailing the grime from their vacuum cleaner bags back to Consolidated Edison along with their payments.

Junk mailers often receive their paid return address envelopes back stuffed full of other junk mail, which they must pay the postage on.

Demand that local theatres and public buildings enforce their no smoking regulations. It is your right to clear air at the cinema.

One guy in a New York City traffic jam, we are told, got out of his car and walked to the one behind him which had been blowing its horn unnecessarily. He calmly reached through the window and took the keys out of the ignition and threw them as far as he could to the complete amazement of the ear-polluting driver.

AMERICAN INDIAN COOKING

THE ART OF AMERICAN INDIAN COOKING by Yeffe Kimball and Jean Anderson, published by Doubleday and Co. 1965. $4.95. 201 p.

Few of us stop to think, as we prepare Boston Baked Beans or Southern Spoonbread or Poached Salmon in Aspic, how much we owe to the women who originally worked out our classic American Cusine. We are indebted to the American Indian not only for the cooking methods she perfected - the clambake and the barbeque, for instance - but for the foods she introduced as well. The tomato, which has become a foundation of Italian cusine, is a new world food. Also the various squashes. Ratatouille, one of the prides of French cookery, was first prepared by the Southwest Indians. So it is not surprising to find that a book of American Indian recipes is in fact rather cosmopolitan. It is divided into five major sections corresponding to the geographical divisions; each group of recipes is preceeded by two or more pages of introduction. The book is especially useful for living in the country because it takes into account primitive cooking methods and a relatively limited range of foods. My only criticism is that the authors do fudge on some of the details: instant powdered meat broths are called for, never the real thing -- nor are we told how Indian women did make broth. And frozen vegetables. A package of this or that, with no amounts given for the fresh equivalents. And I suspect the authors have not tried out all the recipes. Anyone who has had the misfortune to eat venison fat, which cleaves to the roof of the mouth like rancid peanut butter, would never forget to instruct readers to remove all fat from this meat.

These recipes are adaptations, to which I have no objection, but I do wish the original ingredients and methods had been included However, this is mostly just good food. The quick bread recipes are nice to have in your repretoire, and I appreciate such recipes as Jerusalem artichoke salad, batter-fried squash blossoms, or hazelnut soup - most cookbooks don't have them.

(Also available in paperback from Avon Books, Mail Order Dept. 250 W.55th St., NY, NY 10023 for 95¢ + 10¢ for handling)



If you have inclination toward homesteading in the North Country, NORTHERN COOKBOOK, edited by Eleanor A. Ellis and available by mail from the Quenn's Printer, Ottawa, Canda, is the book to take along. Included are a section on wildlings, sour dough and bannock recipes, and extensive sections on game and sea mammals. Some of the recipes are: Quick Seal Casserole, Deep Fried Arctic Char; Prairie Chicken in Cream; Fried Woodchuck; Ragout of Arctic Hare; Beaver in Sour Cream; Jellied Moose Nose. We are offered such interesting bits of information as: Muktuk, which is the outer covering of the Beluga whale is usually eaten raw and tastes like fresh coconut. Full instructions are given for dressing out fish and game and there is a summary of North-west Territories Game Regulations.

Sally

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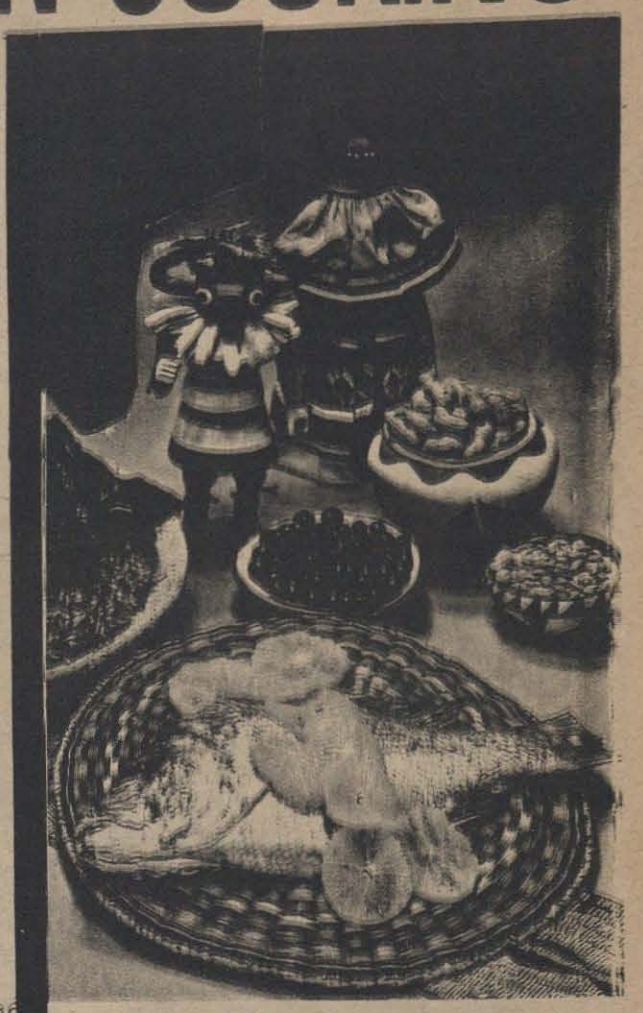
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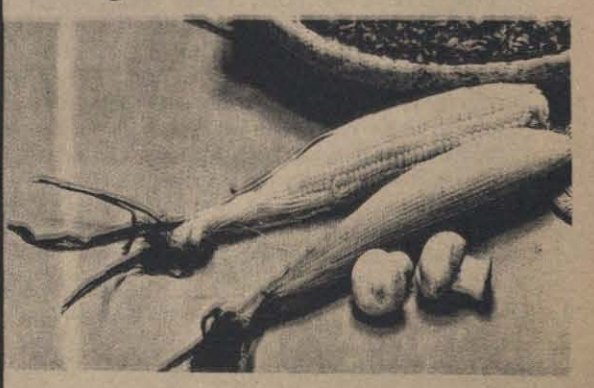
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INDIAN PUDDING
(Makes 6-8 Servings)
- *1½ cups seedless raisins*
- *3 cups scalded milk*
- *1½ cups cold milk*
- *1 cup corn meal*
- *½ cup molasses*
- *1 tsp. salt*
- *½ cup sugar*
- *3/4 tsp. ginger*
- *¼ tsp. nutmeg*
- *¼ cup butter*

1. Add the raisins to the hot milk. Mix 1 cup cold milk with the corn meal, then stir into the hot milk. Heat very slowly, stirring constantly, for about 10 to 15 minutes or until the mixture thickens.
2. Mix in the molasses, salt sugar, ginger, nutmeg, and butter. Pour into a buttered 2-quart casserole. Then pour the remaining ½ cup cold milk into the center of the pudding.
3. Set dish in a pan of cold water, and bake in a slow oven, 300°F., for 2½ hours. cool for 3 to 4 hours before serving.



SUNFLOWER SEED SOUP
(Makes 6 Servings)
- *2 cups shelled sunflower seeds*
- *3 scallions, washed and sliced (include tops)*
- *6 cups water*
- *2 (5.4 gram) packages instant chicken broth*
- *1 teaspoon salt*

Place all ingredients in a large saucepan and simmer, stirring occasionally for 45 minutes. Serve hot.





Photo by: Morley Baer

Disciplined sitting prevents the sitter from following habitual avenues of escape. In time— after inevitable periods of frustration and even perhaps increased restlessness— the sitter's scattered psychic energy is mysteriously recollected into a more compact and directed unity. This new charge of psychic energy brings with it an unexpected feeling of completeness and fulness. The sitter, his mind no longer 'separate' from the rest of his being and arrogantly trying to run the whole show, begins to feel in serene harmony with life, and, for the first time, fully alive, He is now in touch with what Zen would call Suchness. . . .

From Three Ways of Ancient Wisdom
by Nancy Wilson Ross

The aspiration of our time for wholeness, empathy, and depth of awareness is a natural adjunct of electric technology.

from Understanding Media *by Marshall McLuhan*

One evening after dinner I was telling friends that I was now concerned with improving the world. One of them said: I thought you always were. I then explained that I believe— and am acting upon— Marshall McLuhan's statement that we have through electronic technology produced an extension of our brains to the world formerly outside of us. To me that means that the disciplines, gradual and sudden (principally Oriental), formerly practiced by individuals to pacify their minds, bringing them into accord with ultimate reality, must now be practiced socially— that is, not just inside our heads, but outside of them, in the world, where our central nervous system effectively now is.

From A Year From Monday
by John Cage

Suzuki Roshi
Philip Wilson



Photo by: Minoru Aoki

A new spiritual center has begun in America deep in the secluded mountains of a huge National forest and Wilderness Area of Central California. It is at the site of what was Monterey County's oldest resort, Tassajara Hot Springs, built partly by the Chinese at the end of the last century and used before that by the Indians. Many people from all over the United States have supported the purchase of the land and buildings for this center. And since January 1967, men and women, students and teachers, have been at work not only repairing, building, and cultivating; but also finding a way to transplant and develop this ancient Oriental tradition of withdrawal and return, of spiritual centering for modern America.

Spiritual "Spiritual" is a difficult word for the twentieth century. Its alive meaning is usually lost in our attempt to accept only what we can explain. But a full conscious explanation of anything is impossible: exactly what are you or what is a flower? One must finally say it is itself, its totality is its own definition, and even that is not enough, for its totality includes all of its relationships.

Whatever spiritual means, it is used here to indicate the totality of human potentials and possibilities, which when realized and experienced, is more than the sum of mind, body, will, and feeling. It is a word etymologically related to breath: respire, inspire, expire, aspire, transpire, and esprit. These related words indicate that human beings find some connection between ordinary breathing and man's highest aspirations and inspirations, and that loss of the 'breath of life' is to die, to expire.

Our breathing in and out is the primary or most noticeable involuntary organic activity which relates us to the surrounding environment, and which also can be voluntarily influenced by the conscious mind. One of the first focuses of Zen meditation (zazen) is breathing, and it is found to directly influence our state of mind.

Zen Practice Although Zen practice begins with the simplest things, breathing, or how to sit most awakely on a chair or cushion, it brings us (you) to an experience of totality, a realization and an assurance about who and what we are which eludes verbal definition, but allows us to act with an equilibrium and deep sense of meaningfulness. We find the world not different from the possibilities within us. This does not mean that the definition of the world is limited to ourselves, but rather that we experience and expand that definition to include the mutuality of ourselves and the world.

Freedom The practice of Zen Buddhism is as free from limitations as possible. And the conceptual teaching is aimed solely at freedom from concepts and limitations and even from Buddhism itself. This is why Zen practice is based on sitting still (zazen), free from dogma or a particular way of thinking, in order for us to experience ourselves before we think or act — one might say between thoughts and acts.

Sitting Still Sitting still without any definite plan, we begin to experience more than we know, more than the limitations of our plan or what we have thought in the past. We observe the comings and goings and formation of thoughts. We begin to experience the sources and springs of action just by sitting still for a regular length of time every day. Not learned patterns, but the basic functioning and natural order of body and mind are the guides of practice and the ground of everyday experience. Our experience of ourselves begins to approach the totality of what we are. (Unless we sit every day at a regular time, our practice is limited by the needs and occasions which permit us to sit at this or that time.)

Time and Space This Zen practice of sitting still at a particular place for a particular length of time (20 to 40 minutes) confronts us with the limitations of time and space and the immediacy of who we are at each moment and place. In this sense the limitations of time and space are transcended because they become the very ground and possibility of our being. Man has difficulty when he is not fully grounded in this experience, and instead attaches unrealistically to one or another relative point of view, taking the relative as if it were absolute.

Awareness-Compassion Buddhism does not assert what is the Truth. It directs people to understand and explore their own mind and feelings, for in trying to understand Reality it is more important to know the awareness itself through which we know everything, rather than to know only what the mind knows about. This Awareness includes knowing our mind, feelings, emotions, and the conditions of our physiology. It is sometimes called Big Mind. And when we experience the root-source of our thoughts, feelings-emotions without a particular object of thought or emotion, we discover in ourselves that the essential expression of this pure-awareness is a love-compassion-gratefulness-awe for the people and things of this world. Such an expression is independent of and underlies whether we like or dislike, approve or disapprove, accept or reject.

Altars and Buddhas One of the most difficult things to explain intellectually is the presence of altars and Buddhas in a practice like this. One reason, of course, is that people like to have a focus for those deepest emotions and ideas which are not ever fully satisfied by the mundane world. An altar and Buddha provide a focus for this deeper side of man which refocuses these deeper feelings and ideas on man himself. The Buddha is strictly a reminder not only of the historical person who realized this practice, but also of the unconditioned nature of ourselves beyond thinking and acting as well as the unity or interdependency and relatedness of all things; both of these aspects are also called Buddha. But altars and Buddhas are not necessary; one's own location in time and space is enough.

Middle Way This practice of sitting still, open to the possibilities within us, is called the Middle Way, not because it is between the extremes of subjective and objective, nihilism and materialism, emptiness and form, good and evil, love and hate, but because it includes and gives a unified meaning to these various extremes without falling into the limitations of emphasizing one or the other. In our present day world which is so torn by individual and national strife this practice is needed to restore individual and social coherence— spiritual unity to our personal and universal life. Moment by moment, out of the great changes going on around us, we must create some way for men to live.



Photo by: Robert Boni

Zen Mountain Center

Nature is a true teacher of Zen, but not all who enter the mountains see them as they really are. Only a man who knows himself can see the true nature of mountains. We should live and practice Zen at this site of Great Nature, until we appreciate the poem of Dogen Zenji, the 13th century Zen Master:

The color of mountains is Buddha's pure body;
The sound of running water is his great speech.

Shunryu Suzuki Roshi

In the canyons, waterfalls, and streams at Tassajara the true face of nature is apparent. Things occur, this rock here, that plant there, because that is the way they are; their patterning does not reflect the impact of man's utilitarian impositions on the land. It is more possible in such a place to go beyond our self-imposed prison of concepts and categories — to know our own nature which is ultimately continuous with what we see around us.

Sterling Bunnell, *Psychiatrist*

Looking and walking over the ridges and meadows, swimming the cold river holes and the hot spring pools of Tassajara—I know this is the place it has to be. The Indians had it before. The Coast Range mountains are rugged like Chinese mountains—the dry rockiness, warmth, and shady groves are like India. There are numbers of fine people ready to make use of the right place. We can't let this slip by.

Gary Snyder, *poet, longtime student of Zen*

ZAZEN AND LECTURE SCHEDULE

ZEN CENTER & AFFILIATES	ZAZEN				LECTURES
	Monday through Friday		Saturday Morning	Sunday Morning	(Including 4 & 9 dates)
	Morning	Evening			
SAN FRANCISCO	*5:50-7:00 **	*5:30-6:30	*5:50-10:00 ** *** *****	7:30	Tues. evening 7:40 Sun. morning 8:30
BERKELEY	*5:50-8:00	*6:15-7:15	—	—	****Mon. morning
LOS ALTOS	5:45-6:45	7:15 Wed.	5:45-9:00	—	****Wed. evening ****Thurs.morning
MILL VALLEY	*5:45-6:45	—	—	—	****Wed. morning

*There is no zazen on dates containing a 4 or 9, such as 14, 29, etc.
**Zendo opened at 5:00 for zazen practice.
***Zazen instruction for new students is given on Saturday morning in San Francisco from 10:00 to 11:00.
****In Berkeley, Los Altos, and Mill Valley lectures are given after zazen including 4 and 9 dates.
*****A one-day sesshin is held in San Francisco on the fourth Saturday of each month.

SAN FRANCISCO	BERKELEY	LOS ALTOS	MILL VALLEY
Zendo: 1881 Bush Street	1670 Dwight Way	746 University Ave.	Almonte Improvement
Office: 1884 Bush Street	ZIP 94703	ZIP 94022	Club, Almonte at Jody's
ZIP 94109, Phone 346-0990	Phone 845-2403	Phone 948-5020	Junction, Phone 388-5835



Photo by: Tim Buckley

Zen Mountain Center was founded to make possible the practice of the Middle Way in America. It is important to have a period of withdrawal from ordinary life in order to focus on this fundamental practice, but when the Way is internalized, practice can be continued anywhere.

The example of a Zen Master is followed because his whole life manifests this teaching and he communicates it in every way. Although he works, eats, and practices under the same conditions as the students, there is some difference. And the students perceiving this difference are led to an examination of their own lives.

This practice is not fixed. It is growing and changing to express its new conditions in America. The essentials are common to everyone, but there are problems in the new unfolding of this ancient way and these very problems help deepen the student's real (unknown) experimental practice.

Spiritual Center

A center for spiritual practice like Zen Mountain Center affects not only the students who practice there, it also increases the spiritual—hence human and cultural— possibilities for the surrounding society. These possibilities, even if one has not realized them, become part of the definition of what is possible for human beings—alternatives which have to be considered. Also those who do practice at Tassajara return to the city or country, not to propagate Buddhism, but just to live and work with others and in that way increase the possibilities for those with whom they come into contact.

Students

Since Zen Mountain Center opened early in 1967, more than 400 persons have practiced there for various lengths of time. More than a hundred are practicing there full-time, or for extended periods in conjunction with continued practice with Zen Center in San Francisco or with Zen groups in other parts of the country. Students, both men and women, have come from all over the United States and a few from other parts of the world. Their occupations have ranged from gold miner to Lutheran missionary and kindergarten teacher to psychoanalyst. There have been a number of teachers, college professors, psychologists, Jungian analysts, Protestant seminarians, painters, poets, technical writers, businessmen, college students, housewives, and many others. At present there is no way to meet the full demand for Zen teachers and places to study Zen. But Zen Mountain Center is a first big step in this direction and eventually teachers will be coming from there who can help or begin other Zen groups in this country.

There is a fairly large nucleus of people now who are devoting their lives to making possible the continuing practice at Zen Mountain Center. And the students of course do all the work of growing food, building, cooking, raising money, whatever is needed, following the way of the famous Zen Master who said, 'a day of no work is a day of no eating.' Working is an intrinsic part of the practice— integrating meditation and everyday life.

In the future the facilities at Tassajara must be developed so that not only full-time students can find an opportunity to practice there, but also interested people who have full-time commitments elsewhere can join the practice in a more limited way—attending lectures, meditating, and being in contact with the Zen Master and other teachers. Exactly what buildings will be built, what kind of teachers will develop, and what expression the practice will take, depends a great deal on what people in this country want.

Guest Season

Many people visit Zen Mountain Center in the warm months of late Spring, Summer, and early Fall when the long mountain road is easily passable. They come partly for the mountain seclusion of the natural hot springs, swimming pool, streams and trails; but now more and more they are coming to learn something about Zen Buddhism. They do not have to take on the full program of meditation, meals, work, and study from before dawn to long after dusk; but can participate while enjoying time with their families in the relaxed quiet of the mountains. This relationship between guests and students permits many aspects of American life to come into contact with this ancient Oriental tradition in a way that not only interests an benefits the guests, but also helps Zen develop more realistically in relation to American life. Information about Guest Memberships can be obtained by writing to Zen Center in San Francisco



VARIETY FOR SURVIVAL

A widely assorted diet of foods produced in different geographical areas is now man's best safeguard against contaminants, advises Dr. Emil M. Mrak, chancellor emeritus of the University of California at Davis and chairman of the HEW Commission on Pesticides.

In an interview, Mrak said this advice applies whether the contaminating substance is DDT, mercury, lead or any of dozens of insecticides, fungicides, herbicides, industrial chemicals or other materials which might pollute the food supply.

Scientists have been preaching a wide assortment of foods for good nutrition ever since nutrition became a science. Such a diet also serves as a precaution against ingesting harmful dosages of contaminants.

A person who subsists on a diet of large quantities of any one food, whether it be tuna fish, fresh vegetables, eggs, breads and cereals, runs the risk of accumulating lethal quantities of harmful substances in his body.

The folly of choosing foods from one geographical region has been demonstrated in the high incidence of goiter, an iodine deficency disease, in certain regions. People living in these regions must use idodized salt or iodine-rich foods to prevent goiter.

"We have been reckless in the use of pesticides," Mrak said. "I believe we ought to control them."



ANIMALS HAVE SOULS TOO

by Alan E. Schwartz, DVM

Animals today have developed a close dependence on mankind. This dependence has occurred because of man's encroachment on Nature. The actual preservation of many species hangs precariously on our relationship with our environment. It is imperative, therefore, that we recognize and respect each animal as an entity. We must realize that animals have souls as humans do, and that we all are a product of Nature's creation, equally.

We can practice this philosophy easily by showing our respect for domestic animals. All of us, at one time or another, have had close contact with a dog or cat. Domestic animals are, by nature, the most dependent of all of Nature's living things. Through evolution, domestic animals, as the dog and cat, have grown tremendously dependent on man. This dependence is directly due to man's deliberate domestication. It would be literally impossible for the dog and cat to revert successfully to their former predator state. We have domesticated pets for our pleasure, but along with this pleasure we have a responsibility for their proper care.

Proper care consists of recognizing an animal's needs in relationship to its existing environment, which is one of domestication, and not predation. They are not wild animals. Even if they were, they would need protection since man's technological encroachment even threatens many wild species of animal.

One very simple but pertinent example is the number of pets killed or maimed by auto accidents. It is again false to think a dog will take care of itself if let out alone, because it's "natural". Since we have created the traffic problem, it is our responsibility to assure our pets a safe life, even if this means leashing or tying them. It is not "unnatural" in today's existing environment to least our pets. An animal living in a completely natural state, as Nature meant it, would have to live one hundred percent naturally from birth to death and through many generations. This would only then give the natural adaptation or instinct passed on by parents to sense the dangers, let us say, of cars and trucks.

An excellent example of proper care concerns the role spaying plays. An animal in the wild, or undomesticated state, breeds regularly. This enables the species to propagate itself. Some people feel they want to keep their female dogs in a natural state and not spay them. This is actually unnatural. Since many don't breed these dogs, what really happens is that these females get diseases and are more prone to tumors. What Nature has done is to react to the unnatural state of non-breeding by unnatural diseases. These diseases are strictly manmade, due to man's prevention of mating. Therefore, it is wise to either breed or spay your cat or dot.

Many people also wish not to have their male cat altered since it will take away his natural desires and activities. But again what these people fail to realize is that their male cat, if living in their household, is in fact in an artificial environment. These males are living mostly indoors and are deprived, generally, of natural mating. What is developed then is a frustration on the part of the cat. He will tend to spray his urine all over the house and try to get outside. This frustration alters the cat's personality. It has been shown again and again that altered male cats are very content and have alert personalities.

If we want to keep our pets natural we must then return them one hundred percent to the natural state. Then by definition they wouldn't be pets. It is now not possible anyway, since it would literally be a disaster to turn loose completely domesticated and helpless animals into our existing environment. It is man who domesticated the dog and cat for his pleasure and it is therefore his responsibility to assure these souls a safe life.

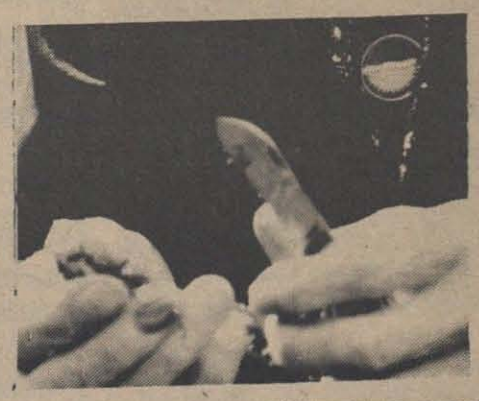


EUELL

(continued from page 4, additional text on page 36 and photos on page 55)



"If you have two loaves of bread, sell one and buy flowers."



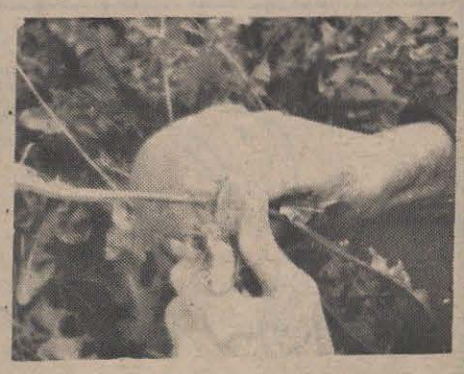


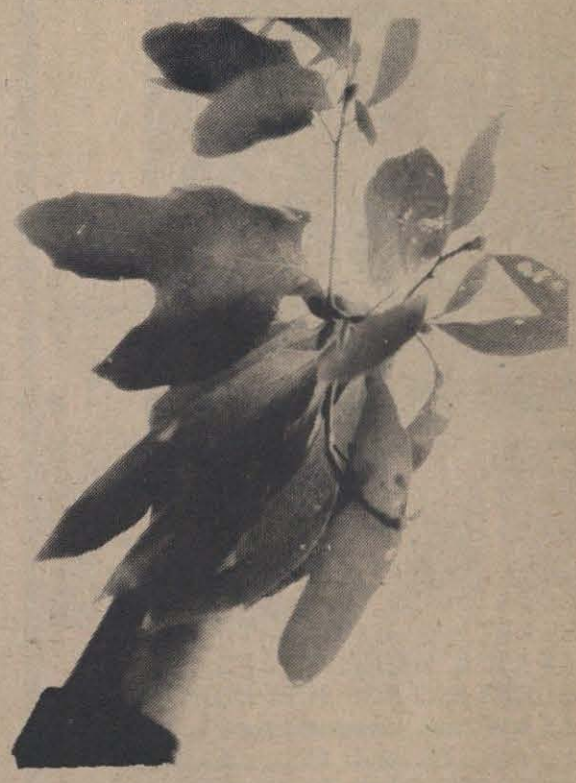
"I never eat this stuff because it's good for me", "but because I like it."



the easiest way to husk Chestnuts is to find them in the road where cars have run over them.....







Sasafras bark and root provides an excellent tea

NIGHTSHADE - DEADLY?
SEE PAGE 36







Commercial beekeepers across the country have been finding that DDT-substitute compounds such as parathion, carbaryl and azodrin are having even more disastrous effects on bee populations than DDT itself and are decimating commercial bee colonies essential to the pollination of alfalfa, citrus and many other agricultural crops.

A bee can only see the colors blue, yellow and purple.

Bee colonies will gather 40 pounds more honey in a season if their hives are shaded.



Swarms sometimes land in unusual places.

BEE RAISING

The A.I.Root Co. of Medina, Ohio offers a good introduction to bee keeping with STARTING RIGHT WITH BEES ($1) a monthly magazine GLEANINGS IN BEE CULTURE ($3) and an authoritive text ABC and XYZ of BEE CULTURE ($5.50), catalog free. ABC...is in it's 33 edition, written in 1877 it's pretty complete. We are reproducing their material on TUPELO honey below.

TUPELO* **(Nyssa). White tupelo** cotton tupelo, water tupelo, tupelo gum, swamp tupelo, sour gum, Ogeche plum. This shrub or small tree grows in swamps and along rivers from southern Virginia to northern Florida, west to Louisiana, northward through Arkansas, west Tennessee, west Kentucky, southern Missouri to the lower Wabash River of Illinois. Most of the tupelo honey in Florida and southern Georgia is made from the Ogeche plum (**Nyssa ogeche**), according to A. V. Dowling of Valdosta, Georgia. White tupelo blooms from April 1 to May 1. The honey is light amber with a greenish cast, does not granulate and has a mild,

(continued on pg.16)

CHICKEN AND RICE

A MESSAGE FROM THE COLLECTIVE UNCONSCIOUS

My husband cherishes his dream fragments, and painfully records them each morning, to rework them later in poetry or elaborate interpretations. He envies the ease with which I can recall great long series of dreams. I never write mine down, partly because it would take such a long time, but mostly because I never know what to do with them. After a year and a half of psychotherapy, I still didn't know what to do with them.

Finally, last night, I had a dream I knew exactly what to do with -- I cooked it. The dream was a recipe for a chicken and rice dish. The recipe did not appear in traditional cookbook form, but as an overall view of the finished dish -- a luscious looking mixture in a heavy cast iron skillet. Then, as my dream camera zoomed in on the mixture, the individual ingredients swirled around and sorted themselves into piles. As I identified each pile, I had a very clear sense of the proportions of the ingredients; I was particularly astounded by the large proportions of celery and onion.

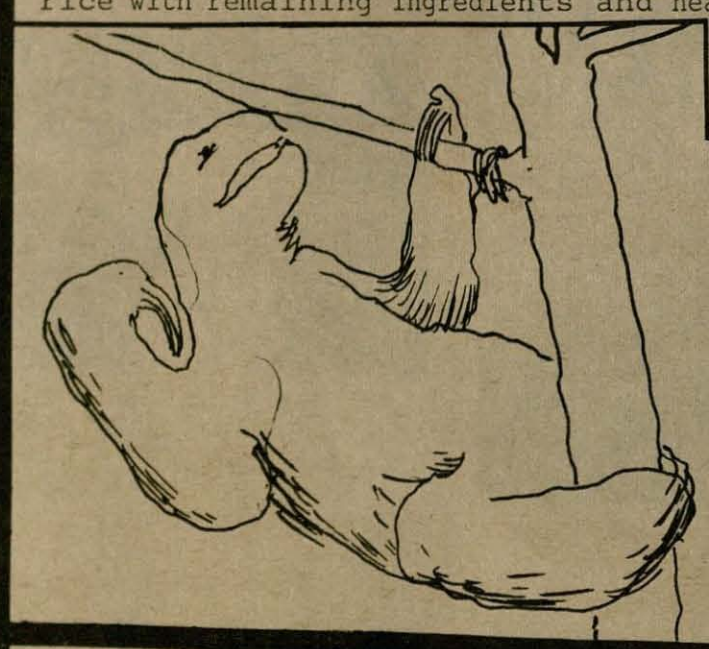
Ordinarily I would not consider committing a recipe to writing and passing it along, as I have no cooking credentials. But this isn't really my recipe. Obviously it came from Someone much wiser than I -- perhaps from the Great Chef in the Sky -- and it is my duty to pass it along to fellow members of the collective unconscious. (Would He send me a bad recipe?)

As I served the meal, announcing its origins to my husband and three children, they looked at me as though I were Moses delivering the Ten Commandments. And they all loved the dish:

3 cups chicken stock
1 cup brown rice
2 stalks minced celery
2 minced onions
1 cup diced cooked chicken
1 Tblspn.white wine
1 Tblspn.ground almonds

Cook rice in enough hot oil to coat each grain, stirring with a spoon until it smells like popcorn. Pour rice into boiling stock, lower heat, and cook until tender. When rice is almost tender, quickly cook celery and onions in a little oil. Add to rice with remaining ingredients and heat one minute.

Sue Bailey



Names are often pinned or called <u>because</u> of a <u>lack</u> of understanding.

sloth - laziness; indolence
(Webster)

a solitary creature, the three-toed sloth may spend its entire life in one tree....

Hello-

I'm involved with a group of people who are starting what some call a "Learning Resources Center"-sort of a hip library. What we're trying to do is get a lot of information (books, tapes, films) about various aspects of our subculture together under one roof for people in the community to use. We're operating out of a crisis center we set up about two years ago and are funded by a state education grant.

What I'm trying to do now is get together a newsletter geared towards "personal ecology" (i.e. what <u>you</u> can do to help) --why you shouldn't buy colored toilet paper, why it's a good idea to use cloth towels and napkins instead of paper, a phosphate list, etc.--things that most people around here don't seem to be aware of. I was wondering if you could turn me on to any similar newsletters or sources of information, books or whatever. I've seen things like this before, but I don't really know much myself and would appreciate any help.

Peace,
Eileen Hoffman
503 S. Crouse Ave.
Syracuse, N.Y. 13210

Dear Friends,

First let me explain what Hog Farm means to me...It is a way of thinking, a concept of giving...loving...sharing...creating... changing...adapting...being positive...breathing...feeling...and being. Let's say there are Hog Farmers everywhere, not just in a single commune of people. This way, anyone can be a hog farmer or whatever one may call it.

So, when we were asked to do Woodstock (we=the Hog Farm commune, Jook Savages, and anyone who wanted to help) we said O.K. because it was truly an experience of life at that very moment. It didn't seem real though until 80 or so of us boarded a big chartered American Airlines jet to New York from Albuquerque late one night. From there it was truly organic. Many families went - Eloy and Nancy and their 5 girls, Rick and Erin and their baby, Spirit, Jody and her son, Booo and pregnant with Tiful (Boootiful), Tom and I and our 2 1/2 year old Pilar and me pregnant with Solar Sat, and more, etc. Lots of Hog Farm communers and many friends from Santa Fe, Gary and Ondia Wheaton and baby...Tom Watson...etc. etc. until we filled up the plane. A very happy bunch singing and chanting and carrying on.

About 10 of us had gone two weeks earlier to help set up the festival grounds and had tents for us when we arrived, courtesy of the promoters. We were hired to help the festival environmentally...and mentally...to set up a free kitchen and freak out centers...information booths...and anything we might happen to think of.

We arrived two weeks prior to the actual festival, although people started showing up right away and camped near us. So, we started feeding about 200 people twice a day. We bought all our vegetables from a farmer only five minutes away. He had some organic...some not... We prefer organic but when you can't get it, never be a fanatic. (There are 3 types of people - the fanatic...the liberal...and the lazy fellow. It is always better to take the middle of the road). We bought our dairy products from the land owner, Max Yasger, milk, yogurt, butter, eggs. The festival promoters supplied us with brown rice, oats, nuts, fruit, herb teas, etc., for this time of our stay. Let me state now, that all the money spent on supplies and food was given to us by the festival promoters. Great guys!

We decided the menu should be simple but healthy and filling and vegetarian. For breakfast, we served a cold muesli, sometimes with milk (when we had it) oats, currants, raw peanuts, sunflower seeds, wheat germ, cocoanut, honey, raw sugar, or powdered maple syrup, cantelope, grapes, plums, peaches, these in small tastes and not all the time. For lunch dinner there was bulgar wheat and tamari soy sauce with variations of onions, cauliflower, cabbage, carrots, spinach, bell pepper, and corn mixed in. Salads of the same vegetables, raw with lettuce, tomatoes, radishes, with a lemon and oil dressing - no vinegar. Onion soup. Vegetable soup. This is what was served for the three day festival. We used 1,500 lbs. of bulgar and 1,500 lbs. of oats, 2,500 lbs. of currants, 400 lbs. of sunflower seeds and peanuts, 500 lbs. of honey, 15 kegs of tamari soy sauce, etc. etc. and fed 130,000 people at least.

I spent 4 days in New York City with Peter White Rabbit buying all the cooking stuff and food. We used all stainless steel (no aluminum please) pots, spoons, bowls, etc. and at this time we spent $6,000.00. This also included equipment for freakout tents, environmental games, etc. etc. I would say that the Hog Farm spent (including all building supplies to build kitchens, serving boothes, concessionaire's booths, bridges, stages, renting trucks, tractors, art shops, paints, plastics, helium, first aid, wells, pipes, stoves, grills, brooms, etc. etc.) close to, on either side, of $40,000 dollars...and I may be way under...all promoters' money...May I report, this was a free kitchen.

To go on about the food...A lot of it was washed but when the festival was into its second day, the free kitchen was almost entirely run by volunteers and it was rush rush to get the food out to the 5 serving booths, because thousands of hungry faces were waiting in a foot of mud to warm their tummies, so who cared if the lettuce was washed. At least, there wasn't any sand or dirt. We had five burners going and 10 10- or 15-gallon pots with about a 20-man crew at any given time. Muesli was mixed into large garbage tubs and handed out all over the grounds. At one point on Sunday afternoon, we loaded a flat bed truck with 7 pales of muesli, 100 gallons of water and 10 people and parked near the stage. For 2 hours we were handing out paper cups of cereal to those who could get up and walk over (many were just stuck to the ground). The last day, the town of White Lake sent as much food as they could to help us out. It was a great thought, but it consisted of mainly white bread, bologna, candy bars, melba toast, powdered eggs, canned beans, etc. By the time it reached us (some 7 to 9 hours), the meat had gone bad so we had to throw it all away, (meat should have no place in such a happening, if not for just that reason, someone could get very sick). The food we served may not have been what everyone was used to but it definitely filled them and kept them healthy through 3 days of rain.

To say the least, it was a great experience...a good lesson in getting along with each other to stay alive...to save mother earth...in giving and releaving... everyone there was groovy from the flippoes to the cops.

A magnificant cast of thousands.

Ek ong kar sat nam siri wha guru - One creator creation truth is thy name, great wha (wow) wisdom.

God bless everyone.

Love, *Lisa, Tom, Pilar, Solar Sat Law* PO Box 416, Truchas, New Mexico

WOODSTOCK

THE HOG FARM



"Hmmm... Now let me see if I've got this straight... Seventy-five people living on 14 acres of land, all taking care of one hog and 15 chickens laying ten eggs a day, and each other?"

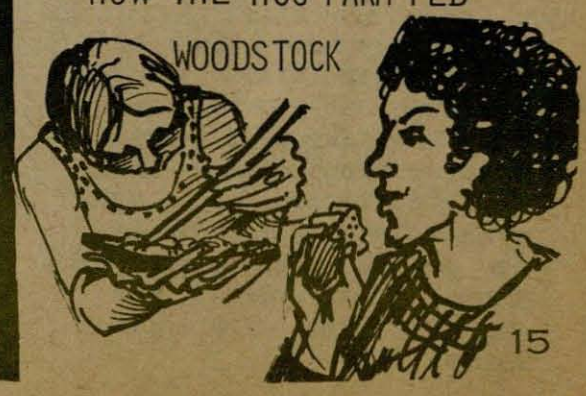
"Uh huh," Stoney said, grinning at me. "They're my brothers."

That was my introduction to the Hog Farm at Woodstock, where they had been hired to set up the festival and work as part of the Security Please Force- to keep the peace and get folks spiritually high. They did a tremendous job - everything from setting up a free kitchen and cooking for about 100,000 people, to talking down freakouts and picking up the garbage afterwards. It was primarily the Hog Farm vibes (though there were many other beautiful people involved), that turned the Woodstock "disaster" into a reservoir of strength and hope for a new world in which we might all learn to live together in peace and harmony.

From Woodstock the Hog Farm was hired to go to Dallas and police the pop festival there. Again, they set up a free kitchen, first aid and freakout tents, ran a light show on the free stage, and gave both physical and spiritual nourishment to anyone who needed it. On the last day of the festival, the Police Chief of nearby Lewisville got up on the main stage and congratulated the Please Force, saying that they had policed themselves so well that they didn't need anyone else to help them do it. And he resigned his job.

(Modern Utopian)

HOW THE HOG FARM FED WOODSTOCK





(continued from pg.14)



Tupelo with blossoms.

*By Harvey B. Lovell.

pleasant flavor which is very popular, especially in the South. The combs are white, which makes them desirable for chunk comb honey. As it grows in wet lands in a mild climate it rarely fails to produce a crop of 20 or more pounds per colony. A large amount of tupelo honey is mixed with gallberry, neither of which granulates.

The black tupelo or sour gum (**Nyssa sylvatica**) grows as far North as southern Maine and adds to the harvest over a wide area. All four species of tupelo are dioecious, that is, the male and female flowers grow on separate trees. The female trees produce a large crop of black berries which are attractive to both man and wild life. In dry years the tupelo flow starts in late April, and Florida beekeepers who have their bees in orange groves move their bees to the tupelo belt, chiefly along the Apalachicola, Ocklocknee, Suwannee and St. Mary's Rivers and Okefenokee Swamp. Bees are placed on platforms 20 to 30 feet high in case of late floods.

Okefenokee Swamp covers 430,000 acres, or 672 square miles. At one time the late J. J. Wilder had 2500 colonies in the swamp area. According to Everett Oertel, bees in Louisiana have gained 30 to 160 pounds in about a month from tupelo.

Tupelo honey is high in levulose and low in dextrose; for this reason it is possible to identify the honey by chemical examination for these two sugars, and the U.S.D.A. allows such honey to be labeled tupelo. This is the only honey that can be so proven by chemical examination. Pioneers used the hollow trunks of the tupelo tree for hives, which they called "bee gums", a name that has been widely used by beekeepers for hives made from hollow trees.

After the tupelo season there are no more honey plants along the rivers and the beekeepers move their apiaries to farmlands in southern Georgia for Mexican clover (**Richardia scabra**) to keep their bees alive.

TUPELO is noted for it's slow assimilation by the body. Some persons with sugar intake problems are allowed to use this tho restricted from other sugar forms. Since it is gained from unsprayed trees it is one of the purest forms of local honey.

DR. WM. A. ELLIS

ARE WE EATING A DISEASED DIET?

(Note: for two years we had heard about a thorough nutritionally oriented M.D. near Pittsburgh so we dropped in on him last month and were amazed! A nutritionally oriented M.D. who refuses to push toxic pills.....)

(This speech was given at the February meeting of the Allegheny County Chapter of the Natural Food Associates.)

This talk, ladies and gentlemen, has been prepared for those people to whom we believe to have an intelligent mind, who are still able to learn and are even anxious to do so. If you happen to have fixed ideas about the facts of life and are unable to permit the truth to alter your determined opinions, you might as well leave now for this talk is not for you.

Every school child learns, in the study of human physiology, that the cells of the body are constantly being rebuilt. Some parts of the body are renewed as often as once a month; much of the body is renewed every year, but the bones of the skeleton require about seven years for their complete replacement.

The blood stream constantly brings fresh building material to every cell of the body and carries away the waste products of metabolism. The body is rebuilt from the material carried to it by the blood stream. If any part of the body lacks health and efficient function, it is because the material brought by the blood has been unsuitable for the purpose of maintaining healthy tissue.

The only source from which the blood can derive this rebuilding material is by absorption through the walls of the intestine from such substances as we have put into the digestive tract. To state it plainly and concisely, for example, if your visual condition is unhealthy, (except like mine from external injury) it can only be because you have failed to supply the nutritional factors needed by nature to build you a healthy body, or, one could say you eat for health or you eat for disease. There is no in-between.

Over the years the calorie theory has had its rise to fame and its decline to oblivion. The vitamin principle, the chemical analysis of food and similar methods which attempted to fit the food to the body by a detailed analysis of the supposed needs of the tissues, have all had their day. None of them gave completely satisfactory results. None of them recognized the body as anything other than a crude chemical laboratory, or as a furnace burning up its food as fuel for the human engine.

All of the past nutritional ideas, like most of the healing professions, overlook the fact that a human being is more than a mere laboratory or engine, but is a living complex being, which possesses not only a body but also a conscious mind, a subconscious mind, and an inner spiritual life.

We find many patients who are victims of our American way of life in which clever propaganda and advertising mislead people into buying and using unfit "foods." The fact that one may eat a product without dropping dead or falling ill at once is no proof that the product is a suitable item of food. Most deficiencies do not appear for weeks, months, or perhaps years later. When one's habits of living permit any part of the body to become diseased or faulty in function, it is evidence that the habits are incorrect and need to be altered to conform to natural laws.

It is vitally important for each thinking adult to inform himself or herself as to how he shall live, what habits he shall retain, and what ones he shall reject. Nor are we speaking at this time of vicious or immoral habits. Many of the most harmful habits are the simple ones. Toast or sweet rolls and tea can get you as surely as alcohol and tobacco.

When one has poor health of either the eyes, the body or both, it is primarily because his or her nutritional habits have been incorrect. Each adult person has the power of decision over what he shall admit to his digestive tract. It is up to each individual; no one else can do it for you. If you are seriously interested in making the desired corrections, they may be accomplished. Only you can decide for yourself. We make no attempt to urge or force you to do so. It's entirely up to you to decide.

When you start such a program, don't get discouraged. Stick with it long enough to see the results. It is well to remember when your body starts to change back from a diseased state toward the healthy state, reactions will take place that make you feel that the cure is worse than the disease. These reaction periods vary in length, but it has been my experience that most last about ten days.

A doctor is only as good as the cooperation he or she receives from the patient.

Surgery can remove an organ or part after it is too badly diseased to function; it cannot heal or replace the part. Drugs and injections may alleviate or remove the symptoms; they do not and cannot remove the real causes. Manipulations will aid structural or body balance, the flow of circulation and nerve force; they do not alter the quality of the blood or create vitality. Mental healing influences one's philosophy of life, but it has no important effect upon the real causes of physical disorders. To get at the true foundations of life, one must learn and follow the natural laws; nobody else can do it for you.

Every intelligent individual should make it a point to be informed along the lines which nature has designed for human beings to live by.

How then do we move forward?

We work as individuals in helping ourselves find better health so we can be the examples for the non-believers. Then, we coordinate our efforts in groups such as the Natural Food Associates or the Organic Food Group to bring back on the general market wholesome and nutritious foods. Why don't you join Natural Food Associates tonight before you leave?

How big a field do we have? Very, very big. For the Public Health Service of the United States Government has published the facts that we only have three million healthy persons in the country. To me, with a population of 186 million, this means 183 million sick people. Today 76,000 people are being admitted into our hospitals each and every day, and of these 49,000 are being admitted for the first time.

More than 50% of all hospital beds are being filled with mentally deficient patients and increasing daily.

So you see when I whose my title of "Are You Eating a Diseased Diet?" I was on safe grounds for with these odds of one healthy person for every 62, I can safely say that most of us are eating a diseased diet. For to me, what you eat and how you eat it, is what you are.

Which reminds me of something I should tell you before going on with my thoughts on foods. Before you call me a food faddist or cultist, I'd like to give you my definition of a food faddist. This is a person who because of his own ignorance and unwillingness to study nutrition says the one who had studied and is willing to help benefit others in telling them of this knowledge is a cultist or food faddist to make themselves look good.

If you don't buy wholesome food, you are on a diseased diet. If you don't prepare it properly, you are on a diseased diet. If you don't blend the foods properly, you are on a diseased diet.

How then can we become healthy? What is needed for us to find better health than we now have?

We must first have an understanding of what our needs are. These will vary in amounts, but basically it will fit all of us.

The most important food is protein. This has been proved by the Research Department of the University of Illinois Medical School. It was their report about 15 years ago on protein metabolism that started a group of physicians interested in health, to take this report, expand its use, and make it applicable to making people healthy.

As stated previously, our hardest job in making over people are people themselves, who have preconceived ideas on what is right or who listen and believe the propaganda as published by the companies to sell their products. As Barnum once said: "If you tell a lie big enough and often enough, the greatest majority of people will believe it."

May I review the highlights of the value of proteins:

1. Proteins are necessary for the function of every cell, organ, and tissue of the human body.

2. Protein molecules in the blood stream, both as serum proteins and as constituents of the blood cells, are carrying agents for other enzymes, minerals, fats, sugar, vitamins and hormones. The hormones and enzymes themselves are protein in nature.

3. All the endocrine glands unite molecules of proteins with molecules of other substance to form steroid hormones. Thyroid-proteins and I_2 equal thyroxine. Pancreas-proteins plus zinc equal insulin.

4. Protein supply as such is not stored in the body.

5. For every gram of protein in the blood stream, a healthy joint surface requires 30 times as much

6. When protein intake equals protein output, a protein balance exists and is expressed as nitrogen balance. If more protein is used than intake, a negative nitrogen balance exists. (cont.p.78)



DDT residues in cigarettes and cigars is now 12 times greater than in 1957. Tobacco does not come under pesticide tolerance levels set for foods.



LEMON LORE

Make a fine astringent for deeply cleansing and tightening facial pores by using freshly squeezed lemon juice after washing your face.



TRY TEA AND SEE

Many gardeners report healthy, lush indoor plant growth as a result of pouring their tea pot remains into the surrounding soil.



Each year Americans consume about 3 pounds each of more than 200 synthesized chemicals used in the processing and preserving of food. Many people are beginning to believe that the reaction of these chemicals in our bodies will become a greater threat to our welfare than air pollution.

The National Science Foundation and the biology department of San Diego State College are preparing an 8-week Aspen (Colorado) Field Ecology Institute this summer for high school biology teachers who are interested in spreading the ecology word in their classes.



People who want to alternate dust with spray, roots with samaras (winged seeds), should subscribe to "Ocean Living" for $1.00. Nature-refuge against social-cataclysm, especially that adaptable to sailors. A journal for aqua-libertarians. Sample for 6c stamp. Box 17463, Los Angeles, California 90017

OCEAN LIVING

GETTING AROUND

(Some observations on Food & Loofahs by an editor-writer....)

The first thing to understand is that you don't have to be unhealthy to practice a form of diet that may have been devised for medical reasons or as punishment. There's never any sense in eating food that's unappealing. On the other hand, it's easy enough to turn fresh ingredients into a gastronomical mess. The trick is to know what you're doing, and to spend as little time as possible with it.

The method I've devised might be called THE REICHIAN-MACROBIOTIC-THING, and consists of the basic grain diet with modifications. There are several basic elements of attached life-style kinks which become riders to the eating which might be rewarding to practice on your bedmates. (Short of that, it makes good openers at blender-whipped parties where they use white sugar.)

Ten years ago, I decided to give up soap except for pits, parts, and feet. I substituted a loofah sponge and after a few weeks grew accustomed to its rough, fibrous texture. It does everything that soap does and more because it scrapes away the particles of dead skin and stimulates it and cleans. Soap cleans but it doesn't stimulate (unless you used a Brillo pad), and it washes away the natural oil of the skin which tends to age you faster. But more important then that is the fact that the loofah is an ancient method of cleaning the body which is far more effective and healthy than Proctor & Gamble would have you believe. Loofahs are catching on now I see, being commercialized at a hefty price. Try buying your loofahs from the wholesaler. I used to get mine from the Los Angeles Sponge & Chamois Company on 200 So. Los Angeles Street, Los Angeles 90012. They sold for about forty cents for a large one that looked like the end of an elephant trunk. They last for at least two years before they wear away. I've carried mine all over Europe and the Middle East and it was essential where there was minimal washing facilities. It once fascinated a French-speaking Monk on Mt. Athos so much that he insisted on doing my back for me. I only regretted not having a spare one to leave with him.

It helps to be hypochondriacal because it sets your mind to thinking about all the shit they try foisting on you as food, and pamper your ego with rich expensive garbage. Until you develop a strong discipline about what to avoid, it's best to remain impoverished and cunning. As a consequence you might be one of those lucky ones to retain youth, vigor, and sexual expertise without having to resort to one of those fixed formulas with the photo of a hypermuscled cretin selling for extraordinary prices in the health food shops.

Since it's impossible to start something new and hope to retain the style forever, it's best to phase out the old and slowly draw in the new. Phasing out meat for example. What I did was give up the fleshy parts for the organs like liver, heart, brains, kidneys, etc. Took a bit longer to cook because they demand some kind of preparation. But once that was mastered, I found I could prepare gourmet meals cheaply and quickly. Check any cookbook for recipes and modify it.

In Italy, the meat was so bad and expensive that I gave it up altogether. I eat fish, however, which is a good source of protein and soy beans, of course. Make your own soy bean nuts by soaking the beans for about twelve hours, then bake them in the oven overnight on the lowest temperature. Sprinkle natural dried ocean salt on the mess before baking. You can carry it anywhere, especially when you're traveling, and it's healthier than chips. I discovered that you could buy wheat germ in Italy but it's expensive. In Greece I would buy a kilo of raw wheat grain and soak some of it overnight. They sprout very quickly in hot weather so soak only enough for a day's use. By the third day (if you haven't eaten them) they're hardy plants, and in a week's time you've got a green forest. I'd drop they on yogurt, buy fruit from a vender, and top it with Greek honey. Nice mess, but it fascinated the local peasants who thought I was mad eating "stari" with yogurt and fruit. Unfortunately, I was terribly disillusioned when I saw one farmer spraying his grain crop with an insecticide, and my visions of organic farming in Europe disintegrated.

Ground hulled sesame seed makes Tahini and that's another item which you should keep around. But avoid buying it in the health stores because of the grotesque markup. The cheapest place I found it is on Ninth Avenue in New York City in the Greek grocery stores. The most you should pay for a pound is 75¢. Health stores usually pack it in 12 oz. jars and sell for nearly a dollar. (I always resent this strange dichotomy between "ideals" and profit.) Here's a recipe for TAHINI BUTTER:



SAVING WATER

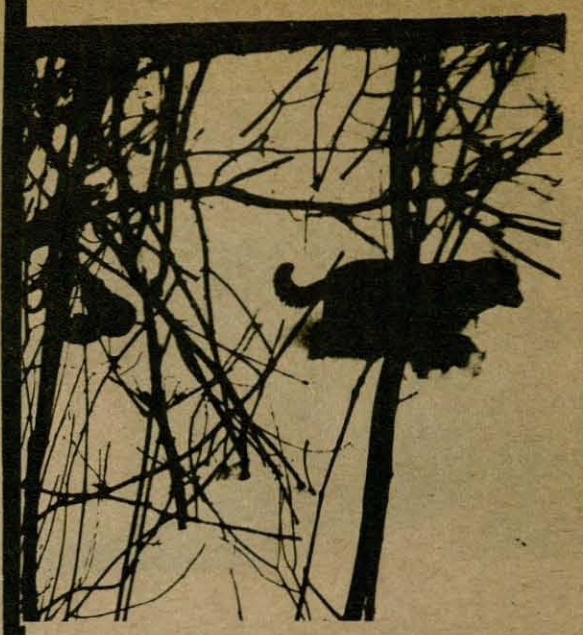
Each time you flush your toilet you use 305 gallons of water. This can be cut in half by adjusting your float valve to turn off at only ½ the normal level which is still enough to do the job. You can obviously cut this use down even further by not flushing so often. You probably will cut water use by 50 gallons a day this way, (multiply that by 365 days and you get 18,250 gallons per year)!

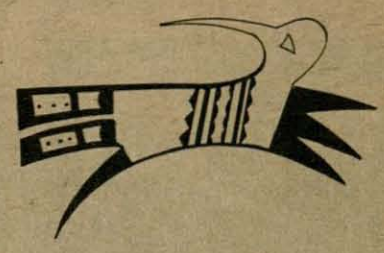


Mix a few spoonfuls of honey with Tahini; squeeze in juice of a lemon, mix. Tahini then can be spread like peanut butter.

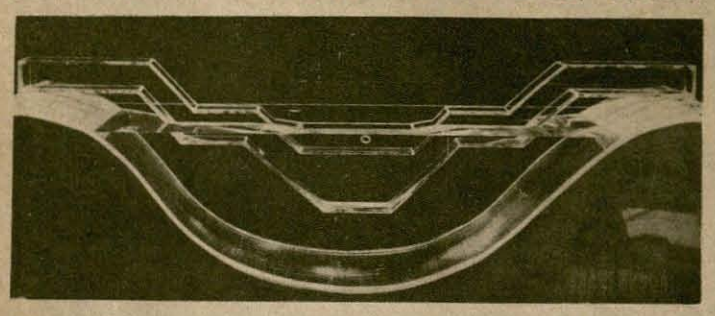
The natural food thing has caught on in London and there are a number of shops around which sell all the goodies, but things like miso and tahini which comes from Belgium are expensive. Something they have which is not readily available in the U.S. is Marmite, a yeast extract spread which is far superior on bread than mayonnaise. Barley flakes are another item, cheap and organically grown, which goes down well in musuli or in pancakes for that matter. Lots of things can be done with barley such as barley-water, which is made by soaking barley in water, boiling slightly, then draining off and adding sweetner such as honey; add lemon for added piquant. They haven't as yet caught on to adding preservative to most foods, and might not if the pressure from the natural food buffs keeps up. Consequently, you can buy corn flakes in ordinary grocery shops without the noxious stuff inside. Unfortunately, the English are heavy on sugaring foods (white sugar, naturally), so the only alternative is to make your own drinks, if you've got the time. It's a challange in Britain because of the bad cooking rep they have, to turn out an interesting meal. I always invited English birds over for dinner rather than taking them out; that way I saved money, impressed them with my expertise, and gave them something to talk about before I huddled them into bed. It's a great way to pass a cold damp evening.

RALPH HART





GLASS WATER PROJECT – FALLEN LEAF LAKE, NEVADA





This project proposes an under-lake environment made entirely of glass intended to span a 300 foot distance across Fallen Leaf Lake in Nevada. Its purpose is to enable man to experience the various levels of a clear mountain lake. As he enters, he appears to be walking on water. From this level he can descend under water and ultimately, arrive within a completely submerged contemplation chamber. Here, totally enveloped by water, it is intended that the spectator experience a pervasive calm and meditative atmosphere.

SITE—Sculpture in the Environment, Inc.
LECTURE SERVICE
60 GREENE ST., NEW YORK 10012 (212) 226-8345

ARTISTS RETURN TO THE LAND

ENVIRONMENTAL ART

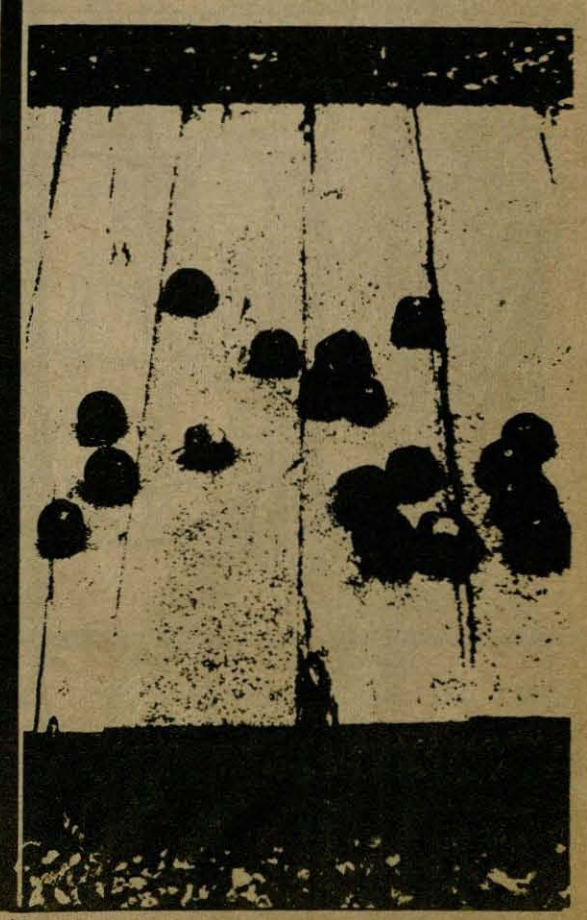
Cezanne broke the spell of the landscape toward the end of the last century by inviting artists to analyze the mountains they saw into geometric shapes to be arranged within a square canvas. For the past 70 years a large portion of the avant garde has concerned itself with "problems" stemming from this original cubist proposition and ignoring the romantic urge to capture the sense of overwhelming nature. The return began with the birth of the American painting movement in the 40's and 50's eventually known as "action painting", "abstract impressionism" or "abstract expressionism". Some of these artists, particularly Jackson Pollock and Franz Kline, presented an active non-objective calligraphy that indeed returned to nature. Not attempting to imitate any specific scene the artist rather chose to become a vehicle for nature and become a thunderstorm, rock, sunset, growing bush, etc. Pollock and Kline would have disagreed with me, maybe not, but as I return to their works year after year the correlation becomes clearer. Looking at a film of Pollock working on a 40' length of canvas spread flat on a low wooden deck in the middle of a field, wind blowing the grasses around him, sun on his head, reflecting into his eyes, using even stone and gravel with the dripped and thrown paint - it would be hard not to respond to nature.

Pollock's spell faded by the mid-fifties but the large scale of the action painters continued through other styles. As works became larger they no longer were "objects" but rather "places". "Happenings" and a sense of environment evolved. Initially, these chose a line following the traditions of expressionistic social and psychological concern. Pop/Dada and geometric/optical formalism. Content grew out of urban needs and materials to satisfy an establishment art market which had become big business. By the mid-60's, "Op" and "Pop" had devoured themselves in a clever "vanity" market which pushed for new ideas, new gimmicks, with every show. Fed up, many painters left the gallery "scene" entirely in favor of 16 MM film-making which communicated directly with a young and honest audience. Sculptors with their awareness of space found themselves extending their sensibilities more into the landscape. Rather than place a self-contained object out on a meadow, a fragmented work would



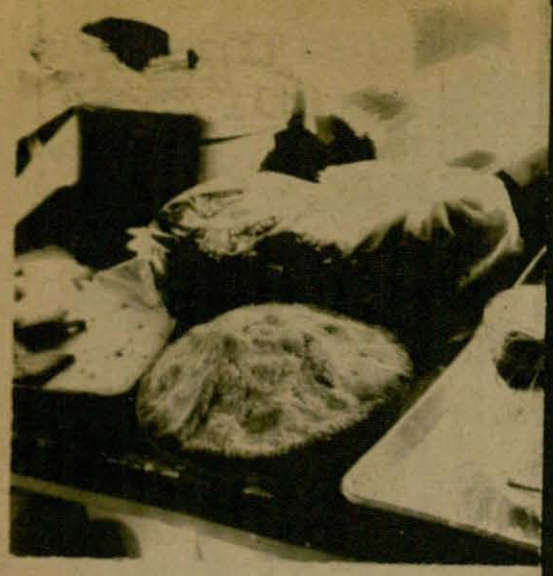
Hutchinson growing mold at Paricutin on the falt lines.

Odd-shaped, upside-down clouds often greenish-black in color may mean a tornado is ahead.

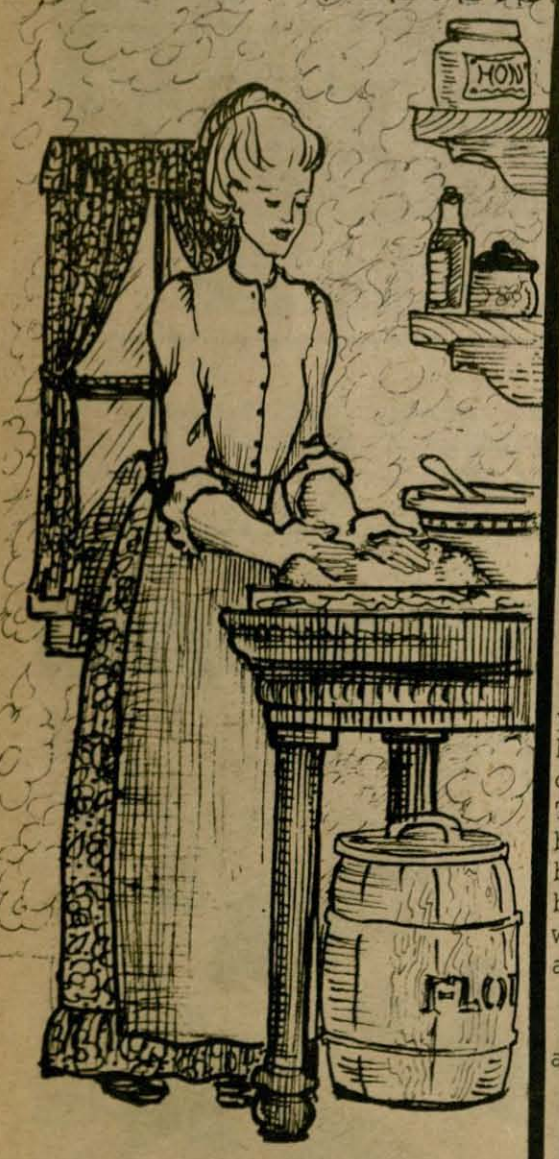


(Continued on page 32)

BAKING WITH YEAST







Rats at the University of Texas were fed nothing but "enriched" white bread. Two-thirds died within 90 days.

Yeast baking is one of the most delicate and beautiful of human arts. If a great bread disappears after a day without a trace, it is hardly a failing: one easily forgets a song, but never the singer.

VIRGINIA SAMET

First, the yeast. Control the temperature, light and moisture essential to all living things. Be sure that the yeast, once it is expected to thrive, is kept at about 85°. The far end of a kitchen range, an oven with a pilot light, or above a burner with a pilot light are easiest, or it may be kept in a pan or sink of water kept at that temperature. Darkness and dampness are also essential; covering yeast doughs with a warm, damp cloth does both. Uncooked dough should never form a leathery skin.

The flour used depends largely on what is being made. For more delicate baking, the bran may be sifted from whole wheat flour and reserved for use in coarser baking. Breads containing some soy flour brown faster and stay fresh longer.

Yeast may be made at home and the flavor of breads using such sponge, or ferment as it is called, is superior. It may be made indefinately using a starter reserved from the last batch, and is started in this manner. One cup of starter equals one cake of dried yeast, soaked in one cup of lukewarm water.

Sponge

3/4 pounds of potatoes, raw
1 1/4 cups of water, boiling
1/4 cup raw sugar
dash of salt
1 cake or 1 Tbsp. dried yeast, dissolved in 1 cup lukewarm water
cold water

Peel the potatoes and grate them. Pour the boiling water over them and cook them until they are tender. Mix, including all the water they were cooked in, along with the sugar and salt, with enough cold water to make 3 1/4 cups altogether. When this is lukewarm, add the dissolved yeast and stand in a warm place overnight. In the morning, stir and save one cup of this as a starter for the next baking. Sterilize the container that this will be kept in and keep it in a cool place, but do not allow it to freeze. Make fresh starter often, using fresh ingredients and sterile utensils. Discard any starter that looks or smells suspicious.

It is the gluten in the wheat flour that causes the dough to rise. Overkneading can injure the gluten and not enough kneading to thoroughly work the yeast and flour together brings poor results. Don't allow the dough to rise too much before punching down either. Flour should never be kneaded into a dough that has already risen.

Different flours have different gluten contents. Spring wheat is best for bread baking and has a higher gluten content than winter wheat for cakes and cookies. It is a good idea to sift all flours, even though the bran won't go through the sifter and must be mixed back in later. Any raised bread should preferably contain some wheat flour for its superior gluten content. Unbleached white flour gives more tender loaves. Other whole grains may be used in any proportion. Suggestions are oatmeal, corn meal, rye flour, millet, soy flour and soy grits, kasha, and cereals. Brown rice is good in coarse-textured breads.

Actually, all that is really essential in the bread dough is yeast, flour and water. The addition of eggs, milk, sugar or honey and oil will make a richer bread that does not go stale as quickly, but which molders easier and is slightly less digestible. The water in which vegetables have been cooked should be saved for bread baking, as well as any leftovers. To get the feel of bread baking one should first make several breads according to recipes, but once you get the knack, it's easy to make exotic breads from what's around the house. Fruits, nuts, bean sprouts, and seeds are good additions to bread doughs.

These are two good beginner's recipes, and just good breads anyhow:

White Bread

2 cups milk, scalded
3/4 cup oil
1/4 cup honey
3 eggs

2 cups starter or
2 cakes or Tbsp. yeast dissolved in 1/2 cup apple cider
11 cups unbleached white flour
salt

Stir together the milk, oil and honey until the honey is dissolved. Cool to lukewarm. Beat together the three eggs and mix into the liquid. Add the dissolved yeast.

Sift the salt and flour together. Gradually add to the liquid until the dough is stiff enough to leave the sides of the bowl. Start to work the dough with your hands, either still in the bowl or turned out onto a lightly floured board. At first the dough will be sticky, but work it thoroughly, turning it over and over with your fingers until it is smooth and elastic. Oil the dough on all sides and put in a greased bowl that will contain twice its bulk. Cover it with a warm, damp cloth and put it in a warm place to rise.

When it has doubled its bulk (approx. 1 hour) punch it down to its original size and let it rise again. When it has doubled, punch it down and shape it into three loaves. Loaves are shaped by rolling the dough into a rectangle and folding once horizontally, then folding over and back, pinching closed the open folds.

Oil these loaves well and place into oiled bread pans. Allow them to rise until double in bulk, then bake in prehated 375° oven for about 45 minutes. Breads are done when a tap on the bottom sounds hollow. Cool the loaves tipped up on their sides, covered with a towel.

Graham Bread

1 1/4 cups scalded milk, cooled to lukewarm
2 cups starter or
2 cakes or 2 Tbsp. dry active yeast
1/2 cup honey
1 Tbsp. salt
1/4 cup oil
4 cups graham flour
2 cups unbleached all-purpose flour

Stir the honey, oil and salt into the lukewarm milk until the honey is completely dissolved. Add the yeast mixture and salt along with one cup of the graham flour and beat by hand for 200 strokes. Add the remaining flours and mix well. Turn out on a lightly floured board or knead in the bowl for about 10 minutes, or until the dough is no longer sticky. Oil the dough well and place it in a bowl that has also been oiled. Cover with a warm, damp cloth and place in a warm (85°) spot until double in bulk (1 to 1 1/2 hours). Punch down and let it double again (about 45 minutes). Punch down and divide into two equal lumps. Shape into loaves and place in well-oiled 9x5x3 inch loaf pans. Let them rise until the dough reaches the tops of the pans and fills out the corners (about 1 hour), then bake in a preheated 375° oven for 45 minutes. Brush the tops with milk, tip the loaves on their sides and cool covered with a towel.

Bread recipes may also be used for puff type pastries, if the dough is not too coarse and heavy. The above recipes are OK.

Make a dough according to the recipe and knead well. Let the dough rise once and punch it down well. Put it in a cool place for at least 20 minutes, then roll it out into an oblong about 1/8 inch thick. Oil 2/3 of this oblong well, then fold the unoiled end over the middle third and the other oiled third over this. Turn the dough 45° and roll it out again. Repeat the rolling and folding process two more times, finally rolling the dough to 1/4 inch thick. This may be cut into triangles, and rolled into crescents, or wrapped around a filling. Fruits, nuts, conserves and seeds are good in this, as well as spinach, cheese or mushrooms. This pastry should never be allowed a final rising, but should be chilled for 10 minutes and baked in a preheated 400° oven for 8 to 10 minutes.

Once you've got the knack of bread baking, experiment with different flours. Here's a great recipe for

Three Grain Bread

First, dissolve a cake of yeast in 1/3 cup of 85° potato water. (The fast-dissolving yeast that grocery stores has BHA added as a preservative, so be cautioned.) Mix in a large bowl about three medium potatoes, boiled and riced, 1/4 cup of oil, 1/4 cup raw sugar, 1/2 tsp. salt, one egg, and two cups of scalded milk. This should not be above 85°. Add the yeast solution, then one cup of unbleached white flour, and one of wholewheat and beat by hand for 300 strokes. It should look a little like a thick cake batter. Let this sit for 10 minutes and rest. Then add about 2 1/2 cups more of wholewheat, 1/2 of rye flour, one cup of oatmeal and enough white or graham flour to make the dough leave the sides of the bowl and all stick to the spoon. Knead this on a floured board for ten minutes (really) until the dough is firm and elastic.

Oil the dough and put it, covered with a warm, damp cloth, in a warm place to rise. Make sure it has enough room in the container to really double its bulk completely; if not, put it in two containers.

When it has doubled in bulk (approx. 1 hour), punch it down to its original size. Divide it into three even lumps. Divide these into three even pieces and roll and braid them, tucking the uneven ends under. These can be baked in an oiled loaf pan, or on a cookie sheet that has been generously oiled and sprinkled with corn meal. If you want a smooth, hard crust, brush on a beaten egg now. If you want a soft, rich crust, brush the loaves with milk as soon as they come out of the oven. (cont. on p. 76)



TAIN PACK

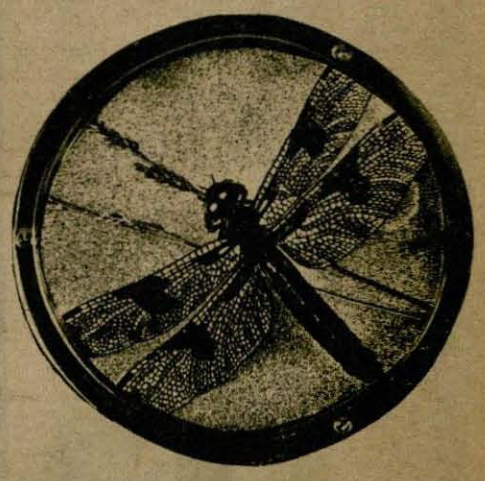


★★★★★★★★★★★★★★

- ORGANIC JEWELRY -

No prices in advance
No quantity orders
If you want an organic beautiful thing, write me about yourself, and if I like you, I might even send something - and if you like it, you can even pay for it.

Soil!
Davie Brightbill
PO Box 1074
Perrine, Fla.
33157









ZONE A This area closest to your center of gravity should be filled with the heaviest things you are taking along.

ZONE B This middle area farther away from your center of gravity should be filled with the medium weight objects.

ZONE C This area farthest away from your center of gravity should be filled with the lightest things, as this is the place where any excess weight tries to pull you over backwards.

When loading your bag lay it flat with the mouth of the bag towards you. ZONE A is now on the bottom. Place the heaviest objects in the bag, keeping them up towards the mouth of the bag. When you have filled ZONE A, fill ZONE B with the next heaviest objects. Last, fill ZONE C with the lightest things.
After you have filled your bag and closed it, if it is not full, tie some cord around it, to keep your load high and forward, so it will not shift around when you are walking.



LIGHTWEIGHT

CAMPING EQUIPMENT

by WILL & SALLY FREEMAN

Time was when car campers were a hardy lot. Boston matrons, sinewy from trudging ski and hiking trails since they were old enough to stand, would load up their kids and tent for Dolly Copp campground and a summer of fresh New Hampshire air. No more. Not since the ladies' slicks have lured suburban families out of their aluminum foil backyard barbecues to Experience Nature - and a cheap vacation. You'll find them now most anywhere a car can get, in squeaky new sports clothes, transistor radios blaring wielding axes with the price tag still on, building enormous bonfires to roast a hot dog.

That's one reason for backpacking.

Another reason (one that inspires me to scramble over rocks and slosh through bogs under a pack that may weigh a third as much as I) is the view from the top which no motor-camper ever sees. I can camp anywhere I choose and there is no human sound except for a passing jet. It's a good thing to measure yourself against a few days in the woods with little to depend on but your own resources.

The hiker who carries his house on his back has the most freedom of any camper. He need not wait in line, reserve space, keep to a schedule or even to a trail. We have spent days bushwhacking virgin country where we judged no one had entered for ten years. You can do that if you have no specific goal - like a shelter - that must be reached.

Backpacking does not require extraordinary skill or strength, and little money after the original outlay for equipment. Children down to nursling age can participate, and good hiking and camping can be reached in less than an hour's drive from most major cities.

However, because camping is accessible and attractive to increasing numbers of people, questions of ecology and personal safety have become urgent. Accounts of lost, frostbitten or exposed campers, or ones who fell off cliffs, starved or got eaten up by bears - or shot at by hunters who thought they were bears - have become frequent. To say nothing of theft and vandalism in the wilderness.

Here are a few rules to bear in mind.

First about garbage: if you packed it in, pack it out. Unless, of course, it's combustible. And plastic, remember, is virtually immortal.

Then, about soap: the exhilarating bath you take upstream can be ruinous for the waters downstream. Suds yourself, clothes and dishes on dry land, carrying water to rinse.

And fires: open fires for cooking are a potential fire hazard. Also, with the increasing number of campers there is a growing risk of disrupting the ecology by gathering dead trees and limbs to burn. Blowdown is necessary for several reasons: it helps prevent erosion, serves as a cover for animals and, most importantly, it eventually decomposes into soil. It is better to carry a portable stove, but if you must use fires, keep them small and douse them with sand or water.

And personal safety: be sure to carry a first aid kit and know how to use it. Snake bite kits are a must for all but hikers in the Northeast. Learn to use a compass and prepare yourself with some basic reading before you take to the hills. The two most reliable primers I know of are the *Boy Scout Handbook* ($1.25 at your local Boy Scout Trading Post), which provides clear instructions in basic campcraft, and Colin Fletcher's *The Complete Walker* (Alfred Knopf, 1968, $6.95), a comprehensive handbook for the serious walker which avoids generalities and "the old woodsman" approach.

Lastly, invest in the best equipment you can afford. Not only is the finest gear the cheapest in the long run, it can help you avoid sprains, strains and chills - or a real catastrophe if you are a rock climber.

The list of catalogues below are the best of what I have seen, or those which are unique for one reason or another. Prices run about the same except where indicated.

The Potomac Appalachian Trail Club Lightweight Equipment Guide should be one of the basic books in your camping library. It is the only guide I know of which evaluates and compares equipment, gives names and addresses of suppliers. Write PATC, 1718 N Street NW, Washington, D.C. 20036.

A fine catalog, giving similar information is free from Eastern Mountain Sports, Inc. (a camping equipment retailer), 1041 Commonwealth Ave., Boston, Mass. 02215. Their coverage is more comprehensive than the PATC Guide, includes tables and construction details for tents, packs, sleeping bags and down clothes.

The handsomest catalog I've seen is put out by Ski Hut, 1615 University Ave., Berkeley, Cal. 94703. The equipment is high quality, and so are the color photographs (good looking models who look like hikers). The back page lists names and addresses of conservation organizations, and they have a great booklist.

Sierra Designs, Fourth and Addison Streets, also in Berkeley (94710), makes highest quality sleeping bags and tents. Also down jackets and shell clothing. Their black and white catalog looks nice on a coffee table.

Alpine Designs, formerly Alp Sport, PO Box 1081, 3235-45 Prairie Ave., Boulder, Colorado 80302, is a small company gone big time. They make excellent packs, pack bags, sleeping bags, tents and down clothes. Straightforward presentation with close-up black and white photographs that give you a good idea of how the equipment actually looks.

Holubar, 1975 30th St., Boulder, Colorado, makes probably the finest sleeping bags you can buy. Also great down clothing. This is a small company which has stayed small. Mailing address is Box 7, Boulder 80302. Expensive.

With Colorado Outdoor Sports (formerly Gerry) PO Box 5544, Denver, Colorado 80217, Madison Avenue takes to the woods. Their packs and tents are very good, but beware the hard sell. Catalog devotes considerable space to His and Her equipment. But the tent diagrams are useful. Black and white photographs are not close-up to show details.

Recreational Equipment Inc., 1525 11th Ave., Seattle, Wash. 98122, has everything for everybody, from equipment to charter flights and a guide school. This is a cooperative organization which makes and sells a wide variety of equipment, but one wishes they were more selective.

Kelty Pack Inc., PO Box 3645, 1807 Victory Blvd., Glendale, Cal. 91201, originated the pack frame and they are still the best. The thin catalog covers packs and accessories only.

The North Face, 308 Columbus Ave., San Francisco 94133, makes and sells sleeping bags, packs and tents. The catalog is interesting because of its long descriptions.

Camp Trails, 3920 W. Clarendon Ave., Phoenix, Arizona 85019, makes packs and tents for the economy-minded, offering a wide range of styles and sizes.

Himalayan Industries, 807 Cannery Row PO Box 950, Monterey, Cal. 93940, makes pack frames and pack bags that look good, but I haven't tested them.

Peter Limmer and Sons, Intervale, New Hampshire 03845, is a family-owned business devoted to old world craftsmanship. They sell assorted backpacking gear and custom made boots that are very well designed.

Bishop's Ultimate Outdoor Equipment, 6802 Millwood Road, Bethesda, Md. 20034, is strictly for serious backpackers. The tent designs, which are excellent, were made by Everest mountaineer Barry Bishop who ought to know. Good drawings and diagrams. Expensive but Ultimate.

Frostline, PO Box 1378, Boulder, Colorado 80302, makes do-it-yourself kits for lightweight equipment: tents, sleeping bags, and down clothing. Much depends upon your sleight-of-hand, but the undertaking is not easy as it looks and the quality leaves something to be desired. Reasonable.

Thomas Black and Sons, 930 Ford Street, Ogdensburg, New York 13669, offers a cross-section of serviceable equipment which includes car camping gear.

This article is first in a series on lightweight camping gear.



MOUNTAIN PACK



THE HIGHLINE



High on a Canadian ice face, in the frigid recesses of a Mt. Washington gully, from the sandstone of Utah to the pink granite of Mt. McKinley. These are the places where our equipment has been tested and developed.

With this, our first, catalog we offer items which not only function superbly, but are a delight to the eyes as well.

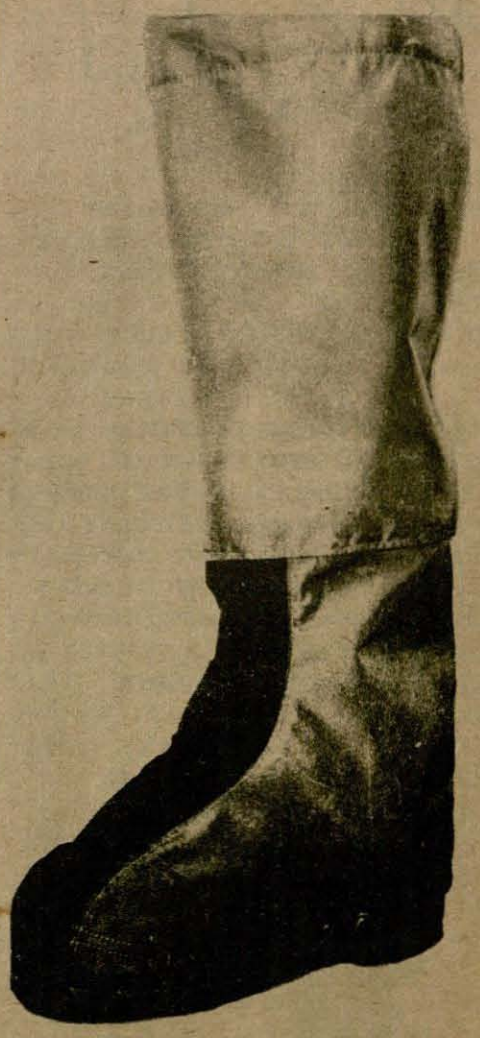
Durability has been built in, using the finest materials with painstaking attention to structural detail and as a result I stand behind all our products. Any item that is defective will be immediately replaced.

Caution: If bright, bold colors are not your trip, be forwarned. The High Line is offered ONLY in color combinations ranging from bright to dazzling.

Peter Carman

PETER CARMAN
471 MOSSY BROOK RD.
HIGH FALLS, N.Y. 12440

SUPER GAITER



MAGGIE LETTVIN's TIGER's MILK POWDER:

1 tablespoon (rounded) of each: Torula Yeast (Plus Product's Balanced B)
Desiccated Liver (Nature Food Centres)
Protein From the Sea (Hoffman's)

2 teaspoons: Rose Hips Powder (Walnut Acres)
Dolomite (Barth's Ultrafine)

OILS:

2 teaspoons: Cod Liver Oil

1 teaspoon each: Wheat Germ Oil (Viobin)
Soy Oil (Nature Food Centres)

This mixture should be added to eight ounces of water and thoroughly mixed.

VARIATIONS:

Omit:

A) The desiccated liver and eat fresh liver.
B) Rose Hips Powder. Use tablets instead.
C) Cod liver oil. Take capsules of A & D instead.
D) Soy oil. Use on salads instead.

Substitute:

Skim milk for water when mixing.
Yogurt and one-half banana for milk.

It's really good if you throw in some ice.

Submitted by
Eve Kaufman



From Home Gleanings
compiled by the Ladies of the First Universalist Church of Bryan, Ohio. 1903.

STRAWBERRY SUN PRESERVES

One pound sugar, one pint water. Boil til it threads. Have one quart large strawberries picked over. Put berries in sugar and let come to a boil. Pour on platter and set in hot sun for three days. Turn into jelly glasses. Cherries and red raspberries are nice in same way.--

I. Chenevert

BLOOD MEDICINE

Two ounces cherry bark, one ounce golden seal, one ounce spigenard root, two ounces burdock root, two ounces dandelion root, two ounces sarsaparilla, one ounce sassafras, one-half pint of alcohol. Steep in two quarts of water, two hours, then add the alcohol and enough water for two quarts of the medicine.

Dose: One tablespoonful before each meal.--

Nellie Elder

Submitted by Mary Rouse

24 continued on page 68



ANIMAL CRACKERS

by Ellen S. Jaffe

"Animal Crackers and Cocoa to drink,
that is the finest of suppers, I think."

says the boy in an old nursery poem. It is, but not for a steady diet. In this column I'll be talking about cooking for kids, including special situations: children in vegetarian families...how to make your own hot dogs and pastrami...what to do with breakfast...foods children can prepare for themselves... etc. I welcome your questions and suggestions...we'd like people to begin sharing recipes and answering each others problems.

In this first column, right at the beginning, I'd like to shatter the old belief that "Things that are sweet aren't good for you." In today's society, dessert becomes a temptation to be resisted, a choice between good and evil. One gives in and is "bad", or stoically abstains and wins a mental gold star. But for everyone, even for people who want to lose weight, something sweet is important. And pastries, cakes and confections need not be air and sawdust with artificial coloring. Fruits, nuts, honey, whole-grain flours, and spices can all go into making a cake that is nourishing as well as enjoyable. These desserts are also good for children to help make.

Sometimes the proof of a cake--or any dish--is its appeal to people who are unfamiliar with it.

Here is an old-European recipe invented by my great-grandmother, who had tremendous gusto but didn't have the patience to roll dough thin enough for strudel. She lived to her 90's, and I was fortunate to know her for a long time; children today miss having this old-world Universal Grandmother. My mother learned to cook by watching her take "a handful of this...a little of that." So--JELLY CAKES:

Dough:

3 to 4 cups whole wheat pastry flour
2/3 cup safflower oil
1/3 cup cold water
3 eggs, beaten slightly

Add flour, a little at a time, to the other ingredients to make a soft, satiny dough. (It should be smooth, not to sticky or loose to roll, but not dry or stiff). Form into 3 balls, set aside.

Filling:

4-6 cooking apples, peeled, cored and cut in slices.
Fruit jam or marmalade - about 4-6 oz.
Raisins - about 1/2 cup
2-3 tablespoons honey (depending on tartness of apples)
Cinnamon

Preparation:

Oil the bottom of a large baking sheet with sides 1/4-1/2 inch high.
Roll out one ball of dough very thin, on a well-floured board. Lift gently and place on baking sheet. Cover the layer of dough with the apples; dot with honey and sprinkle with cinnamon.

Roll the second ball of dough very thin, and cover the apple-layer. Spread this layer with jam, and sprinkle with raisins.

Roll out the last ball, and cover the jam-raisin layer. Dribble a little honey over the top, and sprinkle with cinnamon. (if desired, pour a little brandy over the top as well). Bake for about 1 hour at 350°--until pastry is brown and the filling bubbles. The pastry may be cut in squares and allowed to cool, or cut in pieces and served warm.

This is a good winter dessert for a party. Children can help add the fillings. (I used to think the honey and cinnamon that crystallized on the top was "maple sugar.")

This article is the first in a series on groovy places to live.

NEW ZEALAND

IMAGE OF A NEW HOMELAND

by Dane and Mary Frances Archer

There are few paradises. Most are confined, at least in Western culture, to the minds of men. But their scarcity has not evaporated the utopian dreams of man and, for a willing handful, passage into new worlds is still possible.

We spent a year in New Zealand, and are now nearing the anniversary of our return to America. Although we think of ourselves as anything but sentimental, there have been moments when images of our life on the other side of the earth have come upon us, overwhelming in their strength and in their hold over our emotions.

We lived in New Zealand's North Island. Together, the North and South Islands form a long rectangle a little smaller than the state of California. In the North, undulating hills are mantled by impossibly green fields and snow-capped volcanoes tap the same subterranean warmth which feeds thermal pools; 60 million sheep graze and grow fat, and their lambs spring down hillside meadows one hour before sunset. Winter snows fall only in the mountains. Beaches are sandy with good surf in the East, rocky with staggeringly long waves in the West; and no point in New Zealand is more than 80 miles from the sea.

In the entire archipelago, which is two-and-one-half times the size of New York State, there are less than three million people. There are places where men have never walked.

The South Island is less pastoral and more given to natural drama. A spine of Alps runs the length of the island down to Fjordland, where the sea spikes inland between precipitous mountains whose sides disappear beneath the water. Rambling sheep stations nestle in the sweeping plains of the coastal East.

When New Zealand is known, it is generally for her incomparable beauty. But for those whose minds are too urban to exorcise large numbers of people, there are also immaculate cities. Auckland, the largest, is the size of Boston. Wellington, the beautiful harbor city; Christchurch, the most English city; and Dunedin, further South, are all half Auckland's size.

Nine in ten of New Zealand's people are white, and either Anglo-Saxon or North European. The other New Zealanders were the first New Zealanders: the Polynesian Maori. Although time and the cities are smoothing away differences, New Zealand is still a land where two cultures exist--each is, in many ways, mysterious to the other. The whites are nuclear, the Maori are extended; the whites independent, the Maori communal; the white New Zealanders came 200 years ago, there are some Maori who know that their families have lived among the fields, rocks, hills, and fogs for at least 2000 years.

There are almost no apartments in New Zealand. The country has grown with a passion for open space, and for single-family dwellings. We lived in a house in Hamilton, a city on the Waikato River with about 60,000 people. Around our home grew a lemon tree, a grapefruit tree, grapes, peaches, and nectarines.

To challenge the grass around our house, we were given a free lamb. He began his life upon our laps, cat-size and cat-warm before one of the house's three fireplaces. But as he tamed our green paddock, he grew to massive proportions. At the end, his bulk was colossal; and was sheathed in a lush pile of seven-inch wool. He remained as he was born-he may have been the only uncastrated, unshorn, and undocked ram lamb in the North Island.

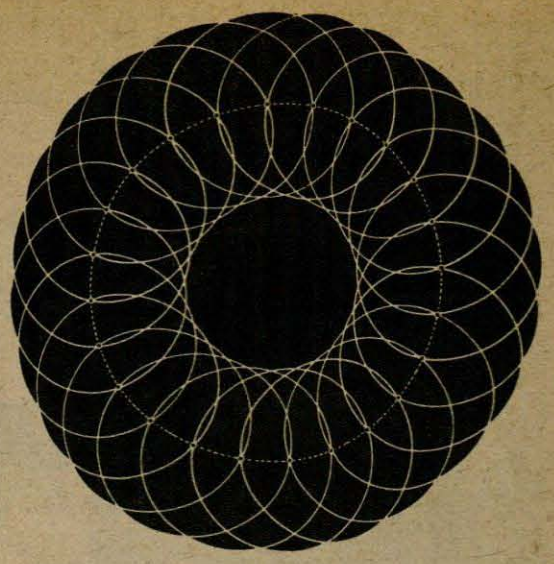
He courted any female who entered our yard. His approach consisted of charging the girl or woman, head down, with all of his 200 pounds. He generally knocked them over. The charming trick, however, must have been resistible, for he remained wifeless.

When he arrived home late at night, he would gallop, shaking the ground, to our front gate. Barely concealing his reproach, he would lean his head against us with un-ram-like gentleness. And during the year we had him, to the astonishment of the town, he answered to the name "Orlon".

New Zealand is a socialized country and the arriving Americans cannot avoid noticing features of what seems to be a more humane civilization. There is no poverty in the American sense of the word, no slums, almost no violent crime. New Zealanders live longer than Americans; their children die less often at birth than do American children; and medical care is free. There is almost no unemployment; any family can buy their own home; housing is considerably superior. Every mother--rich or poor--is given a stipend for each of her children, and the stigma of receiving is erased. Taxes are substantial, but they pay for the needs of life and not for the tools of death.

Real or premature, the perception that America is in decline has spurred new interest in the South Pacific. With Australia, New Zealand offers the image of a land uncrippled by iniquity, unraped by avarice, unburdened by a gargantuan and paranoid military madness (militarily, New Zealand is a Fenwick with peer), and innocent--at least so far--of trenchant hatreds.

The image is, in good measure, honest. When Americans arrive in New Zealand, they find that many of the faults of life in America are vanished. When we arrived, we felt joy and a free



(Letter from a hip vegan continued from page 8)

There is more to vegetarianism than merely leaving meat out of your diet. I think it would be quite enlightening if you would look into Natural Hygiene. It is a system of "As man is, so should he eat." If we agree that the body is the temple for the soul, is it not our duty to allow our bodies to function normally. It takes very little to do this, and if someone would ask me how I would sum up the system, I would say, "Eat raw, organic if possible, fruits vegetables and nuts in right combinations." Of course, it goes much farther than that but the simplicity is shocking.

We too are decentralizing and moving on to better things. I am so enthused about Natural Hygiene and Truth that I hope you will look past my letter and on into Hygiene. For health and well-being and Ahimsa.

We are Vegans (Spanish for plain or grassy land). We use no animal products at all and miss them not. We respect the right of all living creatures and try to extend this as far as possible, with the quote, "Do Unto Others..."

We have found also through Veganish ways and Natural Hygiene that leaving all animal foods out of our diet, we added our 4¢ worth to the stopping of the exploitation of animals for no reason. We do not need their bodies or "by products" and we are healthier without them.

(next page)



Zinc deficiencies in soil are causing such deficiencies in our foods and thus in our systems. Growth retardation, delayed healing of wounds and development of chronic diseases such as atherscleros is are all caused by lack of zinc.



Trisha, my wife, makes bread. We grind our own flour and use no animal product to make it. It is dynamite.

If you would like to know more about practical Vegaism, write. We are anxious to talk to people who are into what we are and can share what we know.

Or you can write: Jay Dinshah, Box H, Malaga, N.J. 08328, and ask about Natural Hygiene and Veganism & Gandhism. He will be more than happy to correspond. If you like you may tell him that I referred you to him.

If you are interested in Natural Hygiene and the American Natural Hygiene Society, write: Dr. Virginia Vetrano, c/o Dr. Sheton's Health School, P.O. Box 1277, San Antonio, Tex. 78206.

Enclosed is a copy of Hygienic Review and a copy of Ahimsa, a monthly magazine that Jay puts out every month.

Good luck to you. Hope we heere from you. For now.

Yours in Ahimsa & health,
Mark & Trisha



soil beneath us for the first time in almost ten years. Defenses and suspicions we had armored ourselves with, like residual poisons, were suddenly groundless: the city of Boston, by itself, has more murders in two weeks than all of New Zealand has in a year.

Landing in New Zealand, expatriate Americans find a land of pristine physical beauty. But they also discover, even in the midst of beauty, something which is troublesome: America is not easily left behind. Aspects of life in America have become molecular but important parts of their lives. New Zealand hamburgers are different, silverware uncommonly large, houses cooler, cars more costly, blueberries more rare (replaced by passionfruit, gooseberries, and tamarillos), and roads bone-shakingly rougher. There are other things. Through high school, students wear uniforms--"so that the child of a poor family will not look more poor than the child of a rich family." And out of a tradition of zealous patriarchy, Maori women may be the most unliberated of any democracy.

In short, arriving Americans learn with some shock that New Zealand is another country and not just an inimitably beautiful prototype of the 51st state, carefully designed to provide their entrance into peace, beauty, and nature.

They must also learn to balance the absurd. America is denounced for its imperialism, but coveted for its hot dogs. Hamburgers are sold "American-style", and movies are advertised "straight from the U.S." New Zealanders, largely from media images and the impressions of tourists, tend to think of America as the Big Time. The impression, though pathetic, grates on the new expatriate.

The image takes an unwarranted toll. Many New Zealanders put down their own country as a backwater, as isolated from what they regard, from a distance, as the excitement of modern times.

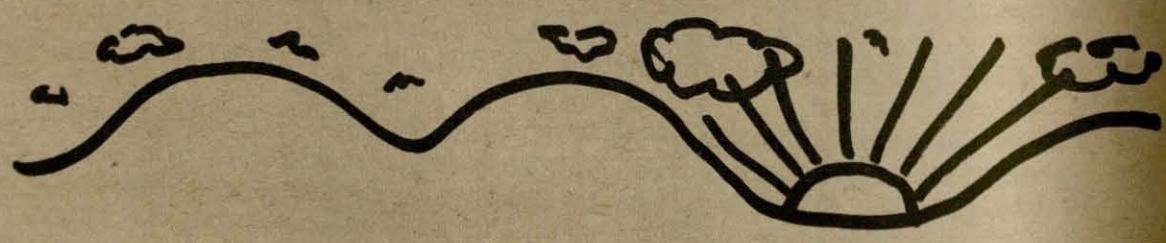
And there were times, particularly in the first few months of our arrival, when we shared those feelings. At nights, our windows would catch the flame-light of our fireplace, and sparkle darkly like anthracite. There were only stars on the other side. And we knew ourselves to be on the precipice; the last frontier of the civilized world, one remove from an unpopulated space. It was an unnerving feeling, but one from which we recovered.

New Zealand offers a viable new life, a new homeland for those brave enough to want one. It took us four months to overcome our American-ness enough to feel a part of New Zealand. By then, we were able to see the almost unlimited futures offered by New Zealand: there are farms to be run, children to be raised, seas to be swum, mountains to be lived in, and people to befriend.

There are also conservations to be secured. New Zealanders would like to industrialize, in hopes of winning for herself what America has: enterprise, initiative, diversity, central heating, and electric can-openers. The great issue of her future is whether or not New Zealand can win these things while escaping the great sores of American life: corruption of the environment, introduction of aggrandizement, and the encouragment of self-interest in what has been a very communally-oriented society. If planned development is not possible, New Zealand ought to reconsider whether "Americanizing" is really something to be desired. But whether she will or not is a separate question.

At the end of a year's stay, we left New Zealand for America. Leaving was in part involuntary--the selective service ordered a physical. Returning, we came through Canada. Our first sight of an American city was of Albany, New York. We had forgotten, over a year's time, how truly ugly America could be.

Before leaving, we managed to find a game farm for Orlon, whom we dearly loved. The farm was grazed by many ewes--so that in losing us, Orlon had at long last won himself one or more wives. It is almost lambing time now in New Zealand, and he may have a son or daughter. We would like to know about them. Perhaps we will.



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DR. SOLTANOFF

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(Dr. Soltanoff does not prescribe or diagnose. He reports on various fields of health including chiropractic, osteopathy, nutrition, yoga, homeopathy, medicine, etc. He is director of the Soltanoff Chiropractic Office in New York with a staff of six and has a part-time office in West Hurley, N.Y. He is a member of the N.Y. Academy of Sciences.)

DANGER, DANGER EVERYWHERE! or THE PERILS OF ICE CREAM

It was not so long ago that I felt like a "lone voice in the wilderness" trying to make known some of the dangers inherent in our environment, particularly in the areas of food and drink. Now this has all changed and our past efforts, although worthwhile, seem feeble indeed compared to the spate of books and articles in today's newspapers, magazines, journals, radio, TV, etc., so...onward & upward!

"In the old days" when ice cream was made of whole eggs, milk and sugar and then laboriously cranked in the old home freezer by hand, a service of ice cream was an occasional family treat which didn't do much harm.

Today, in this mass-producing synthetic age, it is quite another matter. Nowadays, there is a very good possility that you're treating your family to another poison if you buy a cheap supermarked product or the cheaper brand of ice cream carried by your local candy store or ice cream parlor.

Ice cream manufacturers are not required by law to list the additives used in the making of ice cream. Chemical additives are much less expensive than the real thing so that the manufacturers usually take the path of least resistance to higher profits. Consequently, the majority of cheaper prepacked (especially 1/2 gallon and gallon) ice creams are synthetic from start to finish.

Laboratory analyses have shown the following:

1. DIETHYL GLUCOL - a cheap chemical that is used as an emulsifier to substitute for eggs. It is identically the same chemical used in anti-freeze and in paint remover.

2. PIPEROHAL - extensively used as a substitute for vanilla. This is widely utilized by exterminators as a chemical to kill lice.

3. ALDEHDE C17 - used to flavor cherry ice cream. This is an inflammable liquid which is used in aniline dyes, plastics and rubber.

4. ETHYL ACETATE - used to give ice cream a pineapple flavor. It is used as a cleaner for leather and textiles. Its vapors are a cause of chronic lung, heart and especially liver damage to those employed in these two industries.

5. BUTYRALDEHYDE - used to give ice cream various nut-like flavors. It is one of the common ingredients of rubber cement.

6. AMYL ACETATE - used to give ice cream a banana flavor. It is used commercially as an oil paint solvent.

7. BENZYL ACETATE - used to give ice cream its strawberry flavor. It is used as a nitrate solvent.

The next time you're tempted by a luscious-looking sundae, think of it as a mixture of anti-freeze, oil paint, paint remover, nitrate solvent, leather cleaner and lice killer; you may not find it quite so appetizing.

Your best bet for a palatable, safe ice cream is to:

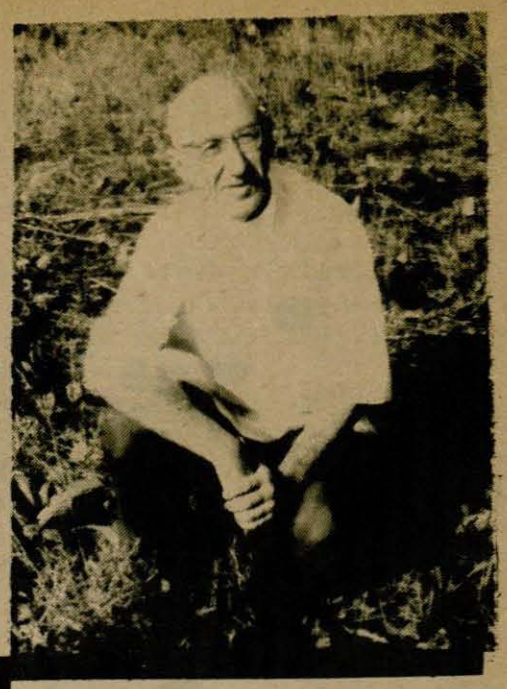
1. either make it yourself, under controlled conditions or
2. buy it in your local health food store where it is usually made with safe ingredients, such as honey and true fruit flavors without artificial flavors, colorings, synthetics or white sugar.

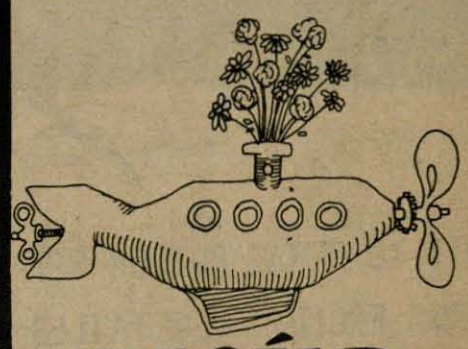
Thomas A. Edison once made a very profound statement which is worth repeating:

"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."

Today's doctor of chiropractic is vitally interested in "the care of the human frame" - the spinal column and the nervous system in particular.

*D.C. Doctor of Chiropractic
** Biopractic - Nutrition and Chiropractic combined.





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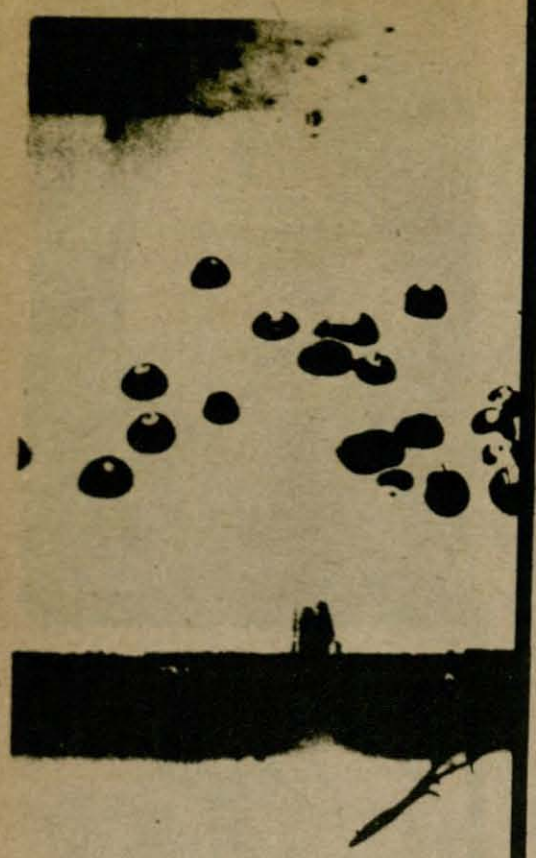
A North American Oracle

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Included in issue #10 are articles on the coming Earth Changes, Yoga, Health Foods, Hopi Prophecis, Swedish Scenes, Interview with Dan Lairmore, Rock Music Today, Record & Book Reviews, Cooperatives, Space Astrology, Ecology, plus an important article you should read if you are planning on coming to New Mexico in the near future.

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A six-year survey conducted by Penn State University has found that only one person in 1,000 escapes malnutrition despite the fact that we eat 1,500 pounds of food a year.



HOW TO REMOVE POISON SPRAYS FROM FRUITS & VEGETABLES

--Most farmers spray their vegetables and fruits with poisonous sprays to destroy and ward off pests. Since a spray might be washed away by rain, they are mixed with oil, which makes them impervious to water. Therefore, washing fruits and vegetables with water alone does not remove the arsenic, lead, nicotin- etc.--

PROGRAM TO HELP:

(1) Soak the produce briefly, uncut, in a dishpan of cold wate with a handful of sa

(2) Rinse in cold wa ter.

FOR A MORE THOROUGH METHOD:

Follow the above pro cedure with a spray-removing solution of 1% HCL, available at your druggist or sur cal supply dealer, a follows:

(1) Mix one ounce of chemically pure hydr chloric acid (HCL) thoroughly into thre quarts of water. It best to keep this spray remover in an earthenware crock or large glass jar.

(2) After you have rinsed the vegetable in clear cold water, them in the solution hydrochloric acid fo five minutes.

(3) Then rinse again clear water.

--The above procedur is worthwhile when tne



Regarding balanced diets, some advanced chiropractors have been trained to discuss nutritional problems. They are qualified to discuss with you the dangers lurking in today's highly promoted, beautifully packed, but DEVITAMINIZED, DEMINERALIZED, CHEMICALLY SPRAYED, WAXED, PROCESSED AND EMBALMED "FOODLESS FOODS" WHICH HAVE SUCH A CUMULATIVE AND HARMFUL EFFECT ON THE BODY: also the best ways to "beat the chemical establishment" AS WE ARE NOW APPROACHING A TIME WHERE IT IS A QUESTION OF ACTUAL SURVIVAL!

YOUR HEALTH FORUM

(Your questions are answered without charge. Only your initials plus your town or city will be published to identify your reply; but the reader's full name and address must be given when writing to us. We will do our best to answer all questions sent in.)

Q: Although I thoroughly agree with your stand as to the value of a fast in many health problems, I wonder as to your opinion of the need for a routine, periodic fast, if one is in excellent health and is also on a strict vegetarian diet?
J.H., Woodstock, N.Y.

A: We certainly are not the advocate of a "routine" treatment of any kind. Certainly a strict vegetarian, who is in excellent health, without any real physical problems, should not have any need for periodic fasts.

City life and civilization being what they are, most of us do on occasion go off the deep end - foodwise - and so feel stuffed, bloated, and jaded - and sometimes lose our appetite for food. These, then, would be the signals for a complete physical and physiological rest (fast) for a day or two.

The following books, all in paperback, contain additional detailed information:

Ehrets - MUCUSLESS DIET
Ehrets - RATIONAL FASTING
Carleton Wades - THE NATURAL WAY TO HEALTH THROUGH CONTROLLED FASTING.
Herbert Shelton - FASTING CAN SAVE YOUR LIFE

If you cooperate in right living as these authors advocate, you are bound to improve in your mental and physical outlook.

Q: Is the nutritional value of food enhanced when cooked quickly in a pressure cooker? T.A., Spring Valley, N.Y.

A: Food which is correctly cooked under pressure is likely to be marginally more nutritious than food which is boiled or steamed. (Macrobiotics take note!) Special care is needed to observe the precise cooking time recommended by the manufacturer. The slightest degree of overcooking would have a detrimental effect upon the nutritional value of the food.

Why cook your fruits and vegetables in the first place? (This included most grains which can be sprouted rather than cooked.) Cooking minimizes or completely destroys their vitamin and mineral content and changes them chemically from organic to inorganic substances.

Should you desire optimum physical balance (which is also bound to help emotionally), the following three paperback books help answer many health questions:

R.N. Walker - RAW VEGETABLE JUICES (What's Missing in your Body)

R.N. Walker - DIET AND SALAD SUGGESTIONS

Catherine Elwood - FEEL LIKE A MILLION (the chapter on sprouting and her discussion on sugar are really worthwhile)

The authors' food suggestions plus regular elimination, lots of fresh, unpolluted air, exercise and rest, can make a decided difference in the way you feel, usually in short order. Spinal adjustments, which have an invigorating effect on most of your body functions, are also helpful.

PUBLIC PREFERS RETURNABLE CONTAINERS

Will the public buy its beverages in returnable, money-back containers to help in the fight against litter and pollution? Indications are they will. One of the country's 25 largest breweries, the Blitz Weinhard Company of Portland, Oregon has been promoting the sale of its beer in returnable bottles. The company's marketing test has demonstrated that the public will do its part to help solve the environmental crisis. As a result of the company's test, sales of beer in returnable bottles increased 21 per cent during the first eight months of this year in metropolitan Portland, while sales of beer in non-returnable bottles were down 14 per cent.



Another marketing test is taking place in New Hampshire and Pennsylvania where a new anti-litter, returnable bottle has been introduced. Rheingold Breweries of Brooklyn, New York ranked among the country's top ten in brewing sales, expects that the public in the two states being tested will respond to the promotion of returnable, money-back containers to the same degree that Oregon has.

(This article was submitted by the Crusade for a Cleaner Environment, 1900 L Street N.W., Suite 301, Washington, D.C. 20036)

SOME BASIC READING

A required reading list could stretch for pages and pages, and we hope readers will help us keep it growing. Below we have noted just a few to start you off.

THE POISONS IN YOUR FOOD by William Longgood is published by Pyramid Books in paperback and is available in most health food stores for $.95. POISONS IN YOUR FOOD by Ruth Winter is another book which covers the same material. If this magazine and maybe rapping with friends is your introduction to health foods and why, this is the book to read. These books are shockers and provide non-stop reading. I can't imagine anyone finishing either book and continuing to eat plastic food - unless he is suicidal.

LET'S COOK IT RIGHT AND LET'S EAT RIGHT TO KEEP FIT, both by Adelle Davis, are now out in paperback, available at health food stores for $1.25 or thereabout. Adelle Davis is a nutritionist who has popularized and dramatized the whole issue of foods for health. I think her advice must be taken with a grain of salt. (For instance, she overencourages vitamin use; is not particularly concerned with organic foods; and I feel her heavy emphasis on liver, where toxins accumulate, without equal stress on "organic" liver, is mistaken to say the least.) But it does give the tyro a nudge in the right direction. Of the two, LET'S COOK IT RIGHT is the more helpful -- good to have in any cookbook library, plastic as well as organic.

Apropos of cookbooks, Beatrice Trum Hunter's THE NATURAL FOODS COOKBOOK is a classic of its kind. Includes vegetarian meals, a comprehensive section on organ meats. Recipes for crackers, soups and breads are especially good -- cookie recipes I find somewhat masochistic. In the back is a very useful list of places where you can mail order foods and appliances. Published by Simon & Schuster. Paperbacks sold at your health food store.

HOW TO GROW VEGETABLES AND FRUITS BY THE ORGANIC METHOD. Published by the Rodale Press. J.I. Rodale was the first word in organic gardening in this country, and this book - encyclopedia actually - is the last word on the subject.

THE HOME VEGETABLE GARDEN, Cornell Extension Bulletin 1191, free to New York State residents, is a concise pamphlet which will start you off very nicely if you disregard the advice on chemicals.

YOU ARE ALL SANPAKU by Sakurazawa Nyoiti (Ohsawa) is published by Award Books and available at health food stores for 75¢. This is a very persuasive introduction to macrobiotics, and there is sufficient information to start you off on the diet. However, proceed with caution. Be the more conservative about diet change the more white-sugar, white-flour, coke and hot-dog oriented your present diet is.

Euell Gibbons books are now available in paperback field editions at $2.95. The information and presentation is delightful. STALKING THE WILD ASPARAGUS, his first book, covers 60-odd wildings commonly found in bog, field, and suburban lot. Moreover, there are gourmet recipes. STALKING THE HEALTHFUL HERBS gives information on what to do with herbs after you have bought or gathered them. The work he has done in analyzing nutritional content of so many plants is, as far as I know, a unique contribution to the field. Drawings of both these books aren't too helpful. STALKING THE BLUE-EYED SCALLOP, third in this trilogy, discusses, as one might expect, food to be gathered at the seashore.

PERIODICALS

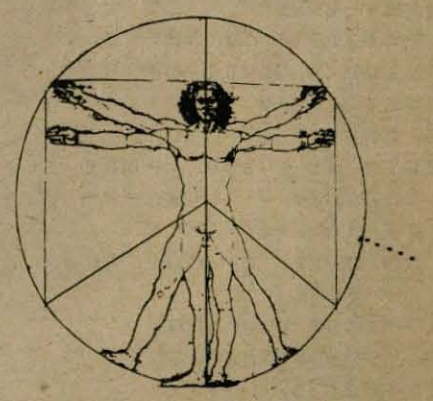
ENVIRONMENT is published ten times a year by the Committee for Environmental Information, 438 N. Skinker Boulevard, St. Louis, Missouri. 63130. The $8.50 you pay is more than worth it. Contains scholarly articles by scientists relating to environmental problems. One finishes an issue with the sinking feeling that there's no where to go!

ORGANIC GARDENING published monthly by Rodale Press, 33 East Minor Street, Emmaus, Pa. 18049 at $5.85 a year. Indispensable to gardeners. There's nothing like it. Rodale also has an organic book club well worth your consideration.

WIN is a good bi-weekly published by the War Resisters League. Subscriptions are $5.00. Write them for a back issue of August, 1969, devoted to Ecology. *339 Lafayette St., NY, NY 10012*

NOTE - this method of removing poison sprays is not totally effective and will have little effect on root crops which absorb poisons from the soil throughout their system, a very good reason to eat only organic carrots & potatoes.

fruits or vegetables are badly coated with poisonous sprays--
THE SAME SOLUTION can be used for four or five days.
SHOULD A LITTLE of the HCL remain on the vegetables, it will do no harm. In this weak solution, it is practically the same as is normally in the stomach.
PRACTICAL SUGGESTIONS:
(1) Exercise caution in mixing. HCL can burn.
(2) A deep and narrow kettle, rather than a flat and long one, is usually more efficient.
NOTE: There are also commercially available preparations at Health Food Stores which claim to be used for this purpose.
REFERENCES:
THE GRAPE CURE, by Johanna Brandt, *ABOUT RAW JUICES*, by Lust.
CANCER VICTIMS AND FRIENDS, INC. L.I. Chapter, One Onondaga Pl., Jericho, N.Y. 11753, has made this information available as a public service. We do not endorse or recommend, nor do we have any commercial affiliation.







Charcoal dangerous indoors

The danger of burning charcoal briquettes indoors has led to a proposed federal regulation requiring warning labels on charcoal packages.

Recently, Dr. Hollis S. Ingraham, State Health Commissioner, warned that indoor burning can result in carbon monoxide poisoning or even death. He said: "Charcoal briquettes are safe to use outdoors, but inside, where there is comparably limited ventilation, the carbon monoxide gas released by burning charcoal is extremely dangerous."

He said persons exposed to carbon monoxide fumes for prolonged periods may experience headaches, dizzy spells, weakness, mental depression, nervousness, irritability, circulatory impairment or even death. The gas is invisible, odorless and tasteless.

The U. S. Food and Drug Administration said that in recent years, 31 persons have died from such poisoning after burning charcoal in tents, trailers, cars, boats and similar enclosed areas.

Under the proposed FDA regulations, charcoal briquettes and charcoal in other forms would require packaging labels stating:

"Warning, may cause death if used indoors or in confined areas due to formation of carbon monoxide."

The FDA said comments on the proposed regulation should be submitted promptly to the Hearing Clerk, Department of Health, Education, and Welfare, Room 6-62, 5600 Fishers Lane, Rockville, Maryland 20852.

Jan. 19

Dear Friends,

Real foods proved phenomenal in saving Susan's life! Even doctors grudgingly conceded it while admitting in brow-knit perplexion that never had they (a lung specialist and an orthopedic surgeon) seen a lung and femur heal so rapidly -- 8 weeks progress in 2½!

So much for our news.

Best,
Bob Drennan,
Bridgehampton, N.Y.
11932



HOW TO HAVE YOUR FOOD AND EAT IT.

(Stanley Fine, owner of Bio-Organic - see: Stores, Some of the Real Ones - gives hints for potential dealers and consumers.)

For a long time, I have been impressed with the idea that as long as we are alive, there is within each of us a striving to survive emotionally and physically; and that even when our condition is not unsatisfactory, we have the capacity and desire to improve it. And this drive, even when it is temporarily inoperative, or we are not in contact with it, continues to influence our lives throughout our existence. (A rat trapped in a sealed wall will increasingly search for an opening until he finds one or dies.)

This drive has to be one strong underlying reason for my long-standing concern about food contamination.

My first awareness of this sort related to eating foods that would not increase my weight, and to eating raw instead of cooked food. In my days on the road (I am still active as a professional musician), I would order cottage cheese instead of potatoes, cole slaw instead of cooked string beans; white bread was out. Primitive as these first efforts obviously were, I found no affirmation of them in any of my personal associations.

I progressed to avoiding processed foods and white sugar. Carlton Fredericks was an early guiding light, and I followed his programs religiously whenever I was in New York. I did know a few people who ate "health foods" at that time, but considered them to be odd. (Thinking back now, I would consider them foolish.) At that time (middle 50's) Fredericks strongly disparaged health food stores and the notion of health foods.

I progressed thence to avoiding additives in foods: first preservatives, then coloring and flavoring. As these chemicals were added to pet foord, I began to avoid them for my cats also. This approach lasted for the next few years, during which time I began to add more and more raw vegetables to my diet and switch from sugar substitutes to raw sugar. I had smoked for eight years, but quit cold after after reading an article in CONSUMER REPORTS which graphically dexcribed how inhaled cigarette smoke gradually destroy the pulmonary system.

In 1966, I read THE JUNGLE, by Upton Sinclar and have not eaten meat, fish, nor fowl, nor used leather products since. My motives were are are humanitarian, but as a side benefit, my health and budget have benefited greatly. In my opinion, even organically grown meat and fowl are questionable dietwise because the body has to work so hard in order to assimilate the protein and break down the fat.

The big breakthrough came after I read William Longood's POISONS IN YOUR FOODS. I didn't have to finish the book in order to learn that everything I had been eating was poisoned with some kind of additive, be it pesticide, herbicide, fungicide, preservative, emulsifier, wax coating, flavorings, coloring, etc. At that point my wife and I threw out all the "food" in our house and proceeded to search for sources of non-contaminated foods.

We did find sources which claimed to offer this kind of food. The labels were impressive, and the produce, though expensive, had a remarkably different quality from what we were used to. But there was very little information about the products in terms of assurances and authenticity, processing procedures, value of items as related to price, and definitions - such as the difference between "natural" and "organic". This difference is clear to me now, but at that time I found it very confusing. How many foods can you name that would not be called "natural"? Organic, in my usage, has to pertain to the cultural operation involved in the production of a "natural food", and no artificial (synthetic) chemicals can be used in that operation.

Why should diet foods and imported foods that are sold more cheaply in supermarkets be included among "natural" items? Assumption often took the place of information on the part of operators of these stores. (eg., when asked, "How do you know this honey is not the same as what is sold in commercial stores?", an operator replied, "It wouldn't be sold in health food stores if it were!"

Some of the food was represented as being free from contamination, some as "natural" and some was presented with only vague or misleading information. For example, a label might read "Made with 100% whole wheat flour stone ground", and not list the 25 or more chemicals that have been added to the wheat during and after growing. Why should I buy this bread when I would get a loaf of Silver Cup for much less?

One early experience concerned Weust's Whole Wheat Sandwich loaf. I brought the bread home, and happened to notice on the label, "Calcium Proprionate added to retard spoilage". I returned the loaf to the ealth food" store where I bought it and got a refund and promise of an explanation as soon as they could check with the dealer. A few days later, I was told that the bread company was using up old labels and that the bread did not contain this chemical! Of course

the store continues to sell that bread, and as far as I know, the product has not improved since. The bread tastes good, they sell a lot of it and make money - but at whose expense?

About this time I was reaching a dead end teaching in public schools, and deeply disenchanted with the music business at the level it had deteriorated to (and still does) as a way of life. By then we were getting our total diet from "health" and/or organic food stores. One of these stores was only open two and a half days per week. It occurred to me that I might make a basic living doing the same thing and meanwhile continue with music without having to depend on it as a means of livlihood.

I had very little business experience. If I had, I might never have begun.

We sent out questionnaires to a dozen acquaintences, asking if they would be interested in patronizing such a store. (I had in mind a vacant walk-down store on W. 105th Street.) Ultimately we decided against opening a store, because of our extremely limited capital, the choice would have to be in an unattractive neighborhood. If the store was not patrolized, we would still have the obligation of a lease and no capital. So we decided to operate from our apartment on a delivery basis.

We had discovered Gericke's Farm in southwestern Staten Island and bought there once or twice. This was October-November 1967, and not too much was available. We made arrangements with Gericke for a 10% discount on what we bought, since most of it was for resale. We made seven deliveries the first week. Our association with Mr. Gericke ended three months later because I didn't want to charge high prices, and 10% didn't give us much to show for our time and expenses. Our last memory of Mr. GEricke is standing in one of his fields that January in 15° and seeing dark green kale coming up through the snow.

We did later find other sources of supply through the FDA Journal. However, finding and keeping the few reliable suppliers who will deliver quality food at regular intervals and at reasonable prices, and at the same time coping with limited capital, inexperienced and/or unavailable labor, and a very perishable commodity, has proved to be a terrible struggle. Not until recently has it brought an ethical and financial return.

It is my belief that the business of growing and selling organic food is a concept unto itself. If one applies proper business principles, a conflict is established. As I understand them, these principles are primarily concerned with dollars and cents. A person investing hard-earned money is concerned that he gets a good return on his investment. This, however, does not mean that he must rigidly adhere to a certain percentage of markup and demand a guarantee for that percentage. Rather, it means coming as close as one can to that percentage. perhaps not always reaching it, but not gouging (exploiting) thepeople who depend on that food for life and health. If there is a drought and the well is on your property, do you charge 10¢ a glass for water, or tell people to bring their own glass and fill it up, period? One can try to cut operating expenses, find a new source, buy in larger quantity, try a new way to ship - something to assure that the net profit is high, even if the gross profit isn't always high enough.

As to businessmen dealing with organically grown food, one has first to be concerned with authenticity. You must begin with a clear, even if incomplete, picture of what you mean by "organically grown". Then, within the framework of what products are available to you and what funds you have for purchase, you must contantly strive to improve your situation (ie. financial) until you are as close as humanly possible to fulfilling your definition. After all, you are dealing with people's lives! If your definition of "organic" is the same as organic chemistry - then you're in the wrong field. Unless you enjoy being a fraud.

The prevalent method of authenticating organicness is, "The dealer who sold me what I'm selling as organically grown, told me it is." Or, "Look, it says so on the label." To say this representation is inadequate is charitable, to say the representation is outrageous and fraudulent is closer to the truth.

And don't be fooled by pricing techniques. I can assure you that food which is really organically grown is very hard to come by, and usually, because air freight charges are frequently involved, more expensive to the retailer himself. Are you saving money if you are paying 10% over supermarket price and getting food grown with toxic chemicals, rather than perhaps 33% more for real food? Why not, then pay 10% less and buy your plastic food in the supermarket or wherever?

If you feel secure that what you are buying is properly grown, you may have to change your standards a little and learn not to expect 100% perfection - ie., always the optimum color, firmness, no spots, etc. Bend a little and make it 90%; you are entitled to that.

Court Says Police Must Hire Nudist

A nudist this fall won his legal fight to join the Baltimore police force.

At the urging of the ACLU of Maryland, the Federal District Court ruled that the Police Department's refusal to hire qualified nudists violated the First Amendment right to freedom of association. The plaintiff in this case had placed first in the civil service examination for the job.

The city police commissioner had [redacted] fied in the case that he would not hire a nudist because nudism "is not a generally accepted way of life by the general public." The Court ruled that the nudist's activity "in no way intrudes upon the public's sensibilities."

The CLU's attorney was John Lewin, Jr.

CIVIL LIBERTIES
January, 1971

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Sole "netsy" distributor in the U.S.:
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SAYING "no"

Artist-calligrapher Michael Sullivan Smith offers "LIFE PRESERVE" posters which inform graphically that the area is a conservation area. Smith also offers designs restricting snowmobiles, trail bikes, camping, hunting and fishing. Sometimes it's necessary to say "no" and Smith does it nicely. His price of 20 for $5 mailed to you is very reasonable. The "LIFE PRESERVE" poster makes a fine graphic for your wall as well. Order directly from him at PO Box 414, Woodstock, NY 12498



ALTERNATIVE INDUSTRY FISH FARMING

As our rivers and oceans produce less fish fit for human consumption, there is an increasing need for fish raised in controlled ponds. Many of the low priced land areas of the south and north are well suited to fish farming and should be considered by individuals and groups considering relocating in rural areas. Test your water supply thoroughly and check history of land supplying runoff surface water before committing yourself.

ORGANIC FARMING

"The Farm Market" — a New OGF Feature

There's a newcomer in OGF's lineup of regular features. It's "The Farm Market" — an important addition that's aimed at helping folks who'd like to sell or buy a farm get together. For one thing, there has been a steady increase in readers asking where they can find organic farms for sale. At the same time, owners who have kept their land free of poisons for years have been seeking farmers who will continue treating it that way.

Another goal of the new feature is find places for students or others eager to spend a summer or longer working (and learning) on organic farms, ranches or orchards. What we hope to do in this case is get them in touch with farmers who'll welcome them.

The new service is free. (See it in this issue.) So, if you're selling organic land or looking for some, let "The Farm Market" know. The same goes for working and taking on students. Be sure to include essential details — acreage, price, main points about a farm you're selling, or a clear picture of what you're looking for if you're buying. Write OGF, Farm Market, Emmaus, Pa. 18049.

Only when sources of supply are properly managed, and shipping and labor problems (this is a labor operation, not an industrial one) are better handled, can we realistically expect 100% perfection. The best way to describe these problems briefly is to point out that sources of supply are very poorly organized both from a standpoint of quantity and quality of labor, and from the lack of insight into the relationship between proper (poison-free) production and packaging and appearance of the product to the consumer. Shipping relates itself to the lack of proper facilities, arrangements and quality. Here too, there is a gap in concept between production and availability to the consumer. The product must reach the consumer efficiently.

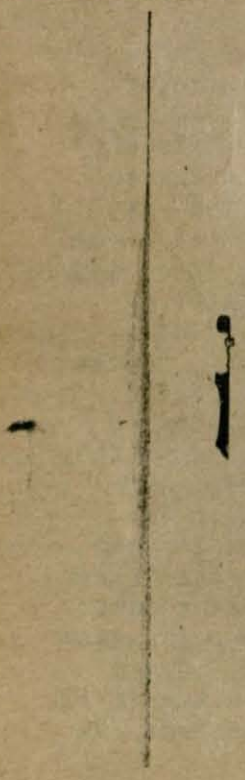
As a dealer, you must constantly increase your knowledge to complete your clear picture of what you mean by organic. One most important and meaningful way to do this is by growing your own produce. Reading is important. (You will find suggested readings at the beginning of this article and elsewhere in the magazine). So is research in chemistry, dictionaries and other sources. Lectures are helpful; meeting people is important - people with experience in this field. Some places where you might meet such people include the Vegan Society, Natural Hygiene Society, your local chapter of Natural Food Associates.

Also you must have a conscience and be willing to sacrifice, sometimes selling some items at a loss so that people have something to eat. You can make up for it later when prices go down. If you have capital, you can keep prices down by buying in quantity. You must carry some low profit items as a service. Examples of such items in my own experience have been raw molk and apple juice, where the cost to me has been very high. There is plenty of money to be made on items with no labor or packing connected with them, such as vitamins or fresh vegetables in season. You must be concerned with quality and proper packaging to preserve freshness.

And you must have courage -- courage to ask pointed questions and persist with the questioning until you get a satisfactory answer. And face rejection by suppliers because your questions make them uncomfortable. This is especially difficult when you are small and don't command much respect because your orders are small.

As a consumer, you must also ask questions and take the risk that the answers will be unsatisfactory, perhaps causing you to decide to give up certain items temporarily. You must encourage dealers to do business properly, and that takes high standards. If you lower your standards, you will encourage businessmen to do likewise. And read between the lines: the person himself can tell you much more than the label will.

Consider yourself as having completed Lesson I of HOW TO HAVE YOUR FOOD AND EAT IT.



"MILE LONG WALK" by California sculptor Walter de Maria shown here lying at one end of the work - two parallel chalk lines, 12 feet apart, one mile long - in the Mojave Desert.

ARTISTS RETURN TO THE LAND - continued from page 19

be spread out through the meadow. It wasn't long before a sense of counterpoint developed between the meadow and the increasingly invisible presence of the artist.

What I'm talking about in a way is a loss of ego, or at least its deflation. Western artists since the Renaissance have survived by reputation in their field, based on some combination of talent and social grace or salesmanship. In our competitive 20th century these last two decades have seen things get a little out of hand. An increasingly superficial market has required more and more soul from the artist plus his physical presence and time in public relations. The line between the commercial and creative world has blurred to the point that many studio artists have simply lost their perspective in the middle of the "game". The "game" includes a mutual appreciation society among the pushing and shovers based on personality, "sex appeal" and determined egos. Some artists have chosen to walk away in an attempt to control their lives once again. Getting distance between the artist and scene is occurring in various ways. Many artists are now involved in "non-products" - things that you experience but can't possess, such as temporary artifacts, environments and events. If you can't possess it or keep it forever, you can't buy it or speculate with it. Many people judge something by its price tag, without one you must respond with internal values or be left out. If the personal experience is more important than the art object as an object, then the vicarious situations which create cults of personality followers are reduced and the artist joins with the participants as a coordinator of activity or an enlightened friend.

Other artists chose to go into the wilderness, deserts, jungles, oceans, and perform rituals, make marks, pile rocks, dig ditches, pick flowers, harvest grain, only for themselves and those accidental observers. A time for reflection and return to our environment. Peter Hutchinson grows mold in test tubes and in gigantic fault lines at the top of a Mexican volcano. Walter de Maria ran 2 parallel chalk lines, 12 feet apart, one mile long - in the Mojave desert. Dennis Oppenheim has directed the harvest of various grain fields in the U.S. and the Netherlands in various patterns. Many Northern artists take advantage of the snow to create a variety of marks and patterns on all sorts of topography, frozen rivers

(continued on page 49)

sauna & tea

Those attracted to the simple meditative atmosphere of the Japanese tea ceremony may find it interesting to learn that a similar ritual exists on the other side of the globe in the Finnish sauna. Most Americans know the sauna only vaguely as a European version of the steam room where one sweats. As a Finnish-American, I'd like to make a few points about the sauna that even most Finns in this country may not know.

Both the sauna and the tea house provide a sanctuary from the vexation of the outer world. Here human beings communicate among one another through the participation in aesthetic and simple life ceremonies.

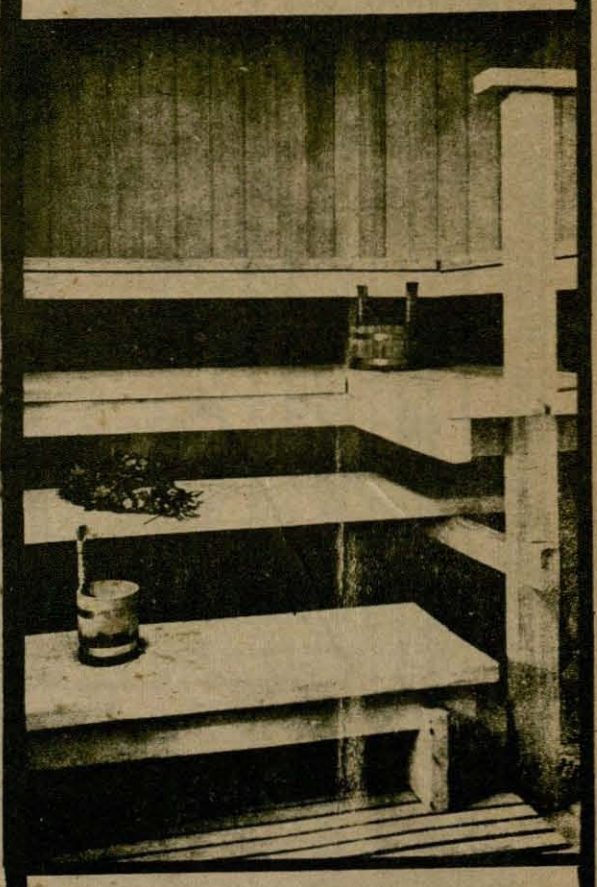
The tea house is often called simply a "straw hut" or Abode of Vacancy. A plain, small building made of local simple materials with a fine sense of craftsmanship, the tea house communicates a sense of "refined poverty". The concept of vacuum comes from Lao Tzu who said the reality of a room was to be found in the vacant space enclosed by the roof and walls themselves. A place for you to enter and fill up to the full measure of your aesthetic emotion. That's why the tea house is without distracting ornamentation. The use of commonplace materials (not brick & stone) reminds us that it is a temporary dwelling just as the body itself is but a hut in the wilderness.

The sauna also is a simple intimate building made of local materials, usually wood, reflecting the best craftsmanship available. It is also without ornamentation and gagetry. Both structures are built exclusively for their single function. They are special places usually set apart from other buildings in a garden or woods where the journey becomes part of the event. The Finnish trail and Japanese roji (garden path) both serve to break connection with the outside world and produce a fresh sensation conductive to the full enjoyment of the rest of the ceremony. Walking through nature for a meeting with one's self.

The Finns make no special bones about their saunas, they are just favorite places to be alone or with friends. The Zen based tea ceremony considers the tea house as a place for discussion and the practice of meditation, not for worship or pilgrimage.

Both places ask you to leave your outside concerns behind as well as your "status". The samuri leaves his sword on a special rack under the eves, all visitors leave their shoes and bend low through a 3' high doorway which intends to inculcate humility. In the sauna most participants are nude, there is little opportunity to impress anyone with expensive clothing, uniforms or trivia. A simple gathering of people, that's all. I've often heard the best way to stop wars would be to require the generals to meet in the nude! During the 16th century Japanese struggle for unification and 17th century formalism the tea house provided the only opportunity possible for free communication among artistic spirits of all classes. Before a great work of art there was no distinction between warrior, statesman and commoner.

The tea house includes a ceremony refined since the 15th century based on the preparation and serving tea as a vehicle for understanding all. This Zen concept of greatness in the smallest incidents of life is obviously present in the sauna bath as well. In both cases, if a person is not ready for the enlightenment of the experience, it will not happen. When the sauna is used strictly as a social environment little else can occur. When a group of ready minds go to appreciate the silence of the place and it's unverbalized communication, then a lot can happen. There is little formality in the sauna routine - but the simplicity of the acts is extremely satisfying. Tending the wood fire which heats the stones, carrying water to the special place in preparation to the bath, it's anticipation.







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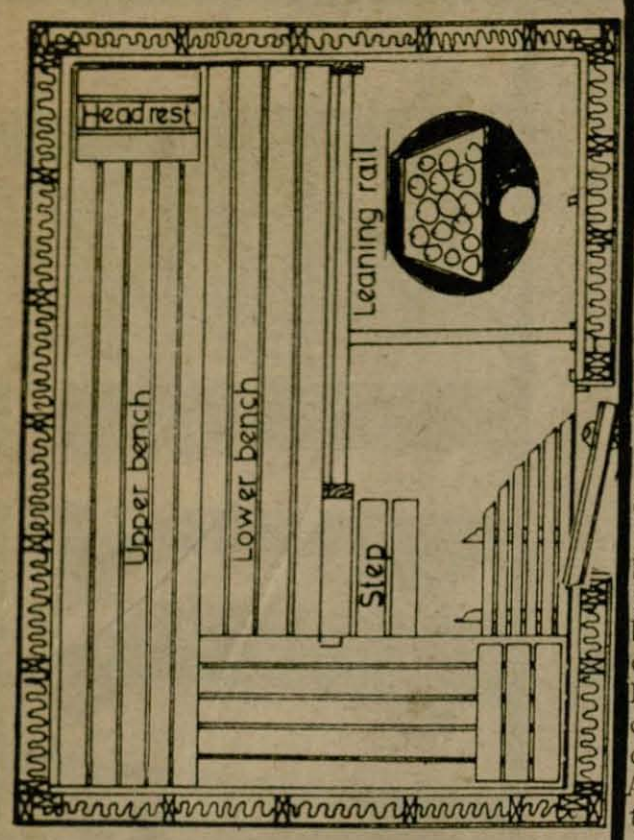
A beautiful example of modern Finnish sauna. The flared walls allow room for extra-wide top benches.



A rustic modern sauna in Connecticut.



A TYPICAL SAUNA ROOM



The Sauna has been of significance as a way of life for the entire population of Finland throughout their recorded history, providing fortitude (Sisu) and enjoyment for young and old alike.

Sauna is a dry heat bath, taken in an insulated room and lined with untreated kiln-dried softwood, heated by igneous rocks. The uniqueness of Sauna as a form of bathing is derived from its flexible climate which is made possible by the unusual design of the Finnish **metos** Electric Sauna Heater. The UL approved **metos** Kiuas accommodates an adequate volume of rocks, essential to enable the bather to maintain a rela-



tive humidity of 17%-32% at temperatures above 175 F. By occasionally pouring water on the rocks, the humidity can be controlled to the bather's personal liking. This is a very necessary feature of Sauna.

The heat drifting out from these superheated rocks is clean, almost sweet to breathe, and the entire hot room steeps evenly in it, silently embracing the occupant in a sort of perspiring peace.

The application of heat and water to the body are kept separate.



A true Sauna installation requires a relaxing area adjacent to the hot room, including a shower. The bather usually makes three 7- to 10-minute visits to the hot room, lying or sitting on the bench level of his choice.

Brief refreshing showers followed by about 10 minutes rest between stays in the Sauna room are part of the pleasure.

When Americans first experience the Sauna they are amazed. One Sauna experience converts even the most sophisticated.



The sauna interior may include a change room where clothing is left. The main portion is intimate and low ceilinged to conserve heat. A stove (usually woodburning) with a rack of hard rocks on the top provides the heat. A series of wooden benches rise to the ceiling as steps. Each step is big enough to recline upon with the higher levels offering increased heat.

The Finnish sauna among baths is unique in that it offers a warm dry atmosphere which may be temporarily altered by waves of hot moist air when water is splashed on the rocks of the stove. The higher humidity disappears quickly as it is absorbed into the wooden walls. Newcomers to the sauna usually sit on the lower benches and may be allowed to regulate the steam by being in charge of the water dipper. Although the temperature may be up to 170° in a typical sauna or even 225° in a dry heat only sauna the body is quite comfortable. In the winter this is one of the few opportunities the body has for completely sweating and removing toxins through the skin. To stimulate the skin and increase sweating a bound bunch of birch leaves are available soaking in a bucket of water. The body is lightly but vigorously beaten all over with this wisk, which also releases a woody fragrance into the atmosphere already perfumed with wood smoke. In the absence of a wisk, a loofa sponge is an excellent scrubber (it's sauna protocol to scrub your neighbor's back).

One relaxes, listens to his pulse and breathing as the fire crackles and rocks hiss steam. Some saunas provide an elevated bar where the feet may be stretched and propped above the head level. Others offer tiny windows with portional views of nature, but when inside the emphasis is usually on the self. When alone or with a quiet group the atmosphere can be quite meditative. Few saunas have bright electric lights relying on the small window and the glow of the stove. At night we will often place a candle lantern outside our window to illuminate the dim warmth. At some point an intuitive bell rings inside and you know it's time to go outside.

Few sauna authorities emphasize the encounter with nature that occurs when one steps nude from this tiny building in the woods and to me it is the most important. Upon leaving the intimate warmth of the wood-lined room where one has been concentrating on the self, one is "born" into the limitless space of growing nature. The sky, clouds, stars, trees, grass, snow, water, etc., are received with a new freshness of vision. After this timeless reflection, the body is cooled by plunging into a lake, stream, or rolling in the snow. If you have heated your body to the normal level you will feel only pleasurable coolness gliding over your body, even in zero weather! This cold splash causes the body to contract it's surface and hold the heat within itself. Now you will be able to walk nude in the snowy woods or sit under a tree and feel yourself expand. Even on cold days, one can remain outside for 10 or 15 minutes with comfort. The peace of sitting naked under the stars surrounded by snow and ice, the steam clouding off your body is a magic experience.

This process should be repeated a total of three times. Each time the sauna seems cooler, one sweats more easily and the outside is more comfortable. I always find the third cycle seems to unlock many barriers resulting in a feeling of total well-being. After the sauna you should have a fine appetite and feel vigorous.

---------Bob Liikala

Saunas can be inexpensively built in the country utilizing any small pot belly stove and woodshed. The secret is in heavy insulation (6") with a plastic moisture barrier between the inner wooden wall and insulation. Be sure to include an air vent near the floor behind your stove as oxygen gets used up quickly with the fire. I would avoid washing with soap, shampoos etc. in the sauna as the chemicals tend to get into the atmosphere. Shower first, sweat clean, then rinse outside. Best sauna benches are soft clear, kiln-dried ponderosa or sugar pine or aspen, (these woods due to their low density, don't get too hot for sitting). Walls, ceiling and floor should be covered with unfinished wood to allow for moisture absorption, (kiln-dried to reduce shrinkage). There are several good electric sauna units on the market. Metos offers heaters and pre-fab rooms (Sauna Inc., 310 105th N.E., Bellevue, Washington). I know of a few Finns "back home" who have them and like them. The Halo sauna is carried by Montgomery Wards under their own name. I have used the Wards Mini 72 sauna heater repeatedly with success. Since you don't get wood smoke from the electric unit, I like to bring along a handful of sassafras root, pine needles or any bark to sprinkle on the "konno", sauna rocks as an incense. Caution, keep your sauna space small it's easier to heat quickly and cheaply. Most of the time you will be alone or with one other person. With a group you would be surprised how many people you can get into the smallest sauna, once people start cycling at their own pace you won't be as crowded anyway. Don't use metal in the sauna, it will burn when touched, countersink your nails everywhere.

If you can afford to build, consider your site carefully. What you see when you first exit is important. All the better if you are near water for a ready plunge. A sitting deck with a view or tucked in nature is a must. Make it big enough to recline upon. A friend over the mountain built a wonderful octagonal

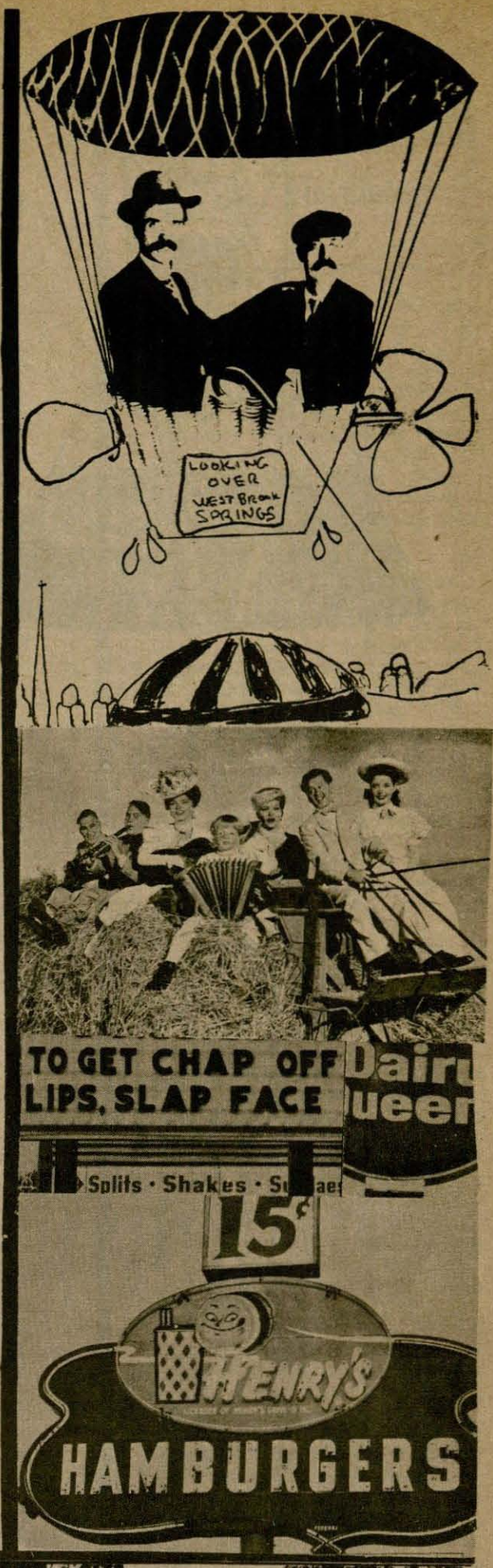
FOOD WHEN ON THE MOVE

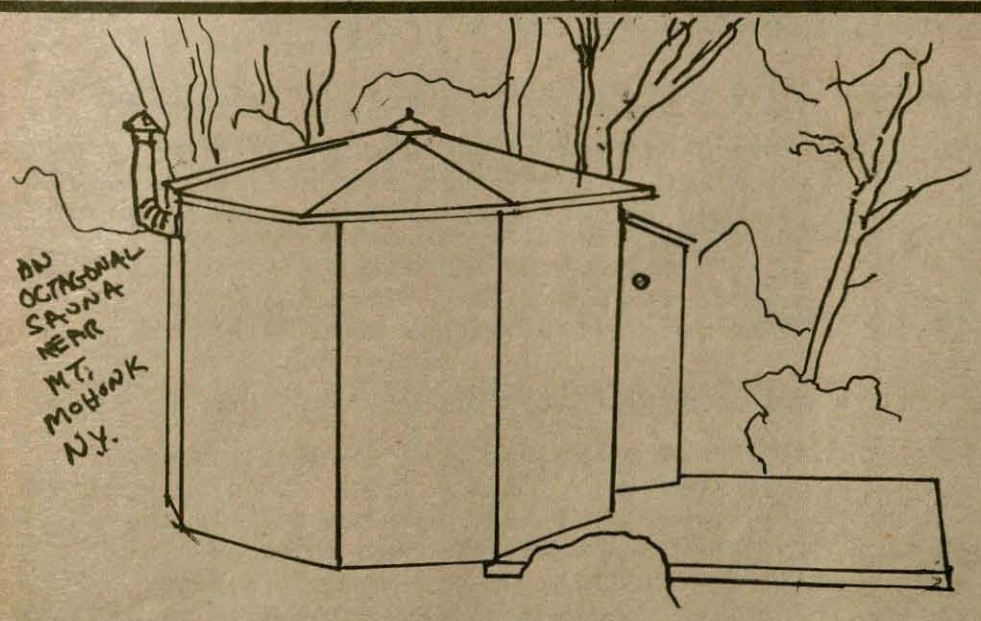
Once you cut loose from your local sources and start travelling, the problem of eating sanely can get pretty heavy. There are a few items that most supermarkets carry that are good to know like Finn Crisp or Rye King, Whole Wheat Matzo (get Kosher Matzo when you can, it's stone ground) and Granola and Familia cereals are carried by some chains. Usually the chain "gourmet" sections are worse than the main aisles as far as additives go, read your labels closely. In produce - an avocado is a safe bet, its thick skin protects the meat from most chemical contaminants. It's a high protein food that tastes excellent with just a fresh lemon squeezed over it. Buy the soft ones, they are ripe and taste best. Peel Everything You Buy. Read our article on SUPERMARKET SHOPPING.

SPROUTS. You can travel with bean sprouts wrapped between thick damp towels or in a jar, as long as they are kept moist. It's easy to carry light weight dried seeds and beans for sprouting, they can be sprouted while travelling in your car or any place where you sit still for three days, look over our sprouting guide in this issue. Sprouting lentils can be backpacked and either sprouted or cooked into soups as is.

YOGURTS. You can make it even in the woods, just take dry milk (non-instant, it has fewer things done to it) and either dry Bulgarian yogurt culture or a tiny container of existing yogurt. Mix a quart of milk according to directions and beef it up with another cup of the powder. Heat milk to just below boiling and allow to cool to where it's hot to the touch but doesn't burn, around 116°. Add your yogurt or dry starter. Pour into a covered container that you can wrap in your sleeping bag or blanket or in some way insulate, styrofoam ice buckets are excellent, keep warm for 3 hours (place works in sun, surround with warm water, bury in the ashes of your camp fire). If you are in luck it will have a creamy consistency, even if you don't hit it exactly right under these conditions it will still be several nutritional cuts above just plain reconstituted milk. Don't let your yogurt incubate beyond the point that it tastes good, it will eventually sour (it's still good for a starter or for cooking with in place of sour cream even if the surface gets crusty).

Several items lend themselves easily for backpacking. Miso - a salty fermented soybean paste. A small amount goes a long way in making soup (just dissolve into hot water alone or cook with any vegetables, use as a sauce on cooked foods or mix with peanut butter for a different taste). Seaweed - the French Canadians chew on DULSE like popcorn as a salty snack, also fine in soups or salads. Japanese HIZIKI is a tiny seaweed that is excellent in soups made of any dried boullion, broth, etc. Dried fruits and nuts provide a nicer energy lift than a sugar loaded candy bar, get the unsulfured kind (the leathery dried apricots and pears are particularly good for chewing and blow up beautifully when soaked in water for a few hours providing also a pleasant juice beverage). Dates, and figs are very rich and filling. Almonds are considered one of the perfect foods and go well with the classic companion - raisins. *Bob*







sauna. There is a round bath house at the Hot Springs near Big Sur that I can't forget. Send me your sketches, I'll be happy to give you the benefit of my experience.

SAUNA, THE FINNISH BATH, by H.J. Viherjuuri ($3.95), The Stephen Greene Press, Brattleboro, Vt. 05301. A lovely book that anyone who enjoys the sauna should know. A must if you are thinking of building.

THE BOOK OF TEA, by Kakuzo Okakura ($1), Dover Publications (Dept. Orien.), 180 Varick St., N.Y., N.Y. 10014. Okakura was scholar, art critic and curator of Chinese and Japanese art at the Boston Museum of Fine Arts in 1890. He discusses the many dimensions of the tea ceremony with pleasure and knowledge.

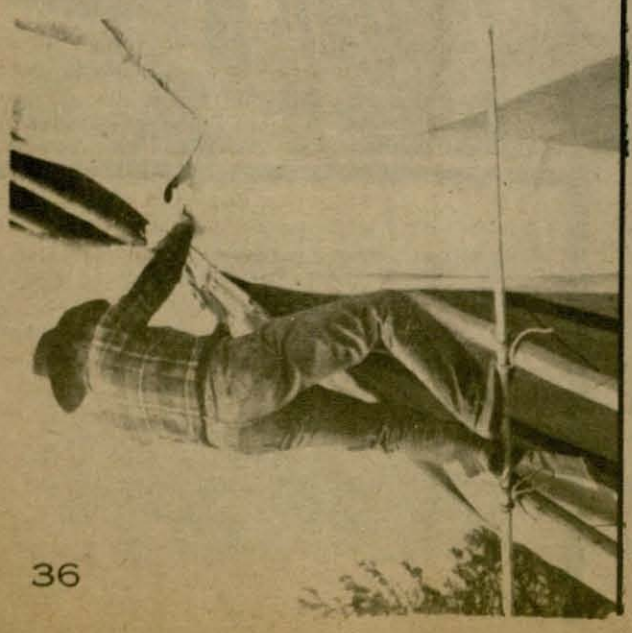
NATURAL FOOD ASSOCIATES
Atlanta, Texas 7555[illegible]

$5 membership includes monthly magazine NATURAL FOOD AND FARMING plus bound volume of material outlining facts about poison-free food and our rights to clean water and air.



FIG. 36a. *This is a bear medicine tipi. The red spot is the bear's den. Claws and tracks are on the trail at the bottom. The zigzags are lightning and storm, followed by the rainbow. The bear was the patron of wisdom, magic, and medicine. The Indians knew the bear kept well by eating certain herbs and roots. They followed him and watched him and learned much of their medicine from him. The Bear Spirit might be invisible, or he might appear as a huge bear or as an old man. Both the bear and the buffalo were patrons of courage, and Indians regarded it as high an honor to "count coup" on a grizzly as on an enemy. Big medicine, this tipi!*

THE INDIAN TIPI, its history, construction and use, by Reginald and Gladys Laubin. Fifth printing, $6.95, University of Oklahoma Press, Norman, Okla. The conical tent of the Plains Indian can be pitched by one person, is roomy, well-ventilated, cool in summer, well-lighted, withstands high winds and heavy rains, snug in severe winter weather. It is undergoing a revival for the social cheerfulness of its central fire and friendly circular space. The book is an interesting primer on the subject.



EUELL GIBBONS (from page 4)

just to eat, but to sell. And he thought I should spend all my time growing corn...."

He also spent some years at Pendle Hill, a Quaker study center, then at Tanguy Homesteads, an inter-racial community in Pennsylvania. "After a while we had a reverse discrimination policy there: you had to be black to get in. We had a hard time keeping Negro families with us: radicals are such messy housekeepers."

The Gibbons next move was to their present farmhouse in Troxelville. Freda during this time earned their keep by teaching until a publisher - the only one - finally accepted STALKING THE WILD ASPARAGUS and Euell was officially an author.

Euell's most recently published work, FEAST ON A DIABETIC DIET, was co-authored with his brother, Joe, who is a diabetic. Shortly after publication, Euell discovered that he also had the disease. He followed the prescribed diet and treatment to the letter, but little improvement resulted. Finally, he read VITAMIN E, YOUR KEY TO A HEALTHY HEART, which recommended the vitamin as treatment for diabetis.

As any Gibbons' reader knows, Euell prefers to get his vitamins from food. However, he tried the vitamin on the outside chance that it might work, and three months after the initial diagnosis his doctor could find no trace of diabetis.

Euell still takes the vitamin, "But there's one thing wrong with it," he confided with regret not at all convincing, "I'm told that I may have to live 15 or 20 years longer than I normally would!"

The afternoon was brightening somewhat as we drove toward Euell's farmhouse. All of us, Euell included, scanned roadside ditches and fields.

"What we'll do", he said, "is gather some of the food today and the rest tomorrow so you'll have the experience of foraging everything we eat tonight. Some of it will be fresh and the rest will be wild TV dinner."

He pulled up alongside a field and ambled off to see what was happening with a smallish tree that stood several yards off the road. Returning, he pointed to a clump of vines, husks and pointed leaves sprawled close to the road.

"Here's ground cherry," he introduced it.

Clusters of nightshade glowed scarlet among the ground cherry husks.

"I often find them growing near each other."

Euell nodded. "Ground cherry belongs to the nightshade family

He stripped open a few Japanese lantern-shaped husks to show us the fruit inside. Later these husks would dry out, becoming lacy and straw-colored and the ripe fruit, which resembles an undersized cherry tomato, would be golden or orange-red.

"I know where there should be some ripe ones,"he told us.

I picked off a strand of nightshade which, like the ground cherry, is a vine-like plant. The leaves are delicately spade-shaped with berries a shade darker than chokecherry and about that size.

"What would happen if I ate one?"

"I was with a man once who ate five of 'em, just to prove he could."

"What happened to him?"

"Nothing."

When we were once more underway Euell remarked, "I don't know of a single flowering plant on the North American Continent that is poisonous but also tastes edible. This is not true of tropical plants, however, and there are some wildlings which have both edible and poisonous parts. For instance, the root of may apple or mandra is a drastic poison in large doses."

A substantial white farmhouse stook close to the back road lined with trees which spread expansive, hospitable limbs across the macadam. There was walnut and Chinese chestnut among them, and we stopped to inspect. Walnuts encased in a green husk the size of a golfball lay scattered in the road. Hearing a car approa Euell said gleefully, "I'll show you how I husk them."

Tires rolled over the nuts and split them from the tough husk. Within there was a wrinkled brown shell. "Don't touch them with your bare hands," Euell warned, "they'll leave a yellow stain you will have a devil of a time washing off."

The chestnut tree, a rare sight even in Pennsylvania, was a beauty. As we stood admiring, a farmer, short-necked and nearly hairless, glared at us from the middle of the road.

"I'll take care of them chestnuts!"

Insulated as we three felt then from the Snopses of this world, we were brought up short.

Euell replied amiably, "Do you mind if I take one or two from the road to show these people? We won't pick any from the tree."

"From the road is all right," the farmer assented grudingly, "but just you let me take care of them chestnuts!"

With the imperturbability of a man who has been through it all before, Euell said "I'm a little off my beat; around home they think of me as a harmless nut."

Later on we asked him, "Just what do the neighbors think of you anyway?"

"Many of 'em come into the house and ask, 'What do you do with all them books?' Not at all impressed by my being an author. But since then I've been on TV a couple of time and they've seen me. My nephew, John, reported that when his teacher asked a Science class to name the greatest living scientists, one of the kids piped up: 'Euell Gibbons!'" He laughed.

Further on we passed a tree the size of a sapling. "Sassafras!" he said. "You'll notice it has three kinds of leaves: a lobed leaf, a three-parted leaf and a mitten-shaped one. Four, of you count right-handed and left-handed mittens."

We arrived at the farmhouse.

Tangles of weedy garden ran behind and alongside the house. The field at one side had a good stand of Jerusalem artichoke; in front there was a rock garden built up patiently by Freda. There was also a spring - we gathered watercress there later - a collapsed springhouse, once the farm's "refrigerator", and peach trees, as well as shrubs and assorted wildlings we were to examine later. Behind, the grounds sloped up to a tree-covered ridge; in front were fields and valley.

The house itself had been renovated inside and out by Euell under Freda's supervision. Some walls had been knocked out, others paneled; asbestos shingles attached with rusty nails had been replaced with aluminum siding, counters built, and cabinets. The whole job was entirely professional, though the house did retain its idiosyncracies.

"That wall," Euell confided in the livingroom, "leans at least three inches."

We left overnight gear in the guestroom, swopped our cramped sedan for the Gibbons station wagon and set off with plastic bags to stalk our dinner.

Persimmon waited down the road a piece, and if they hadn't been on the menu I'm sure we'd have stopped there anyway. Euell is inordinately fond of persimmon.

"Very poor food for diabetics," he assured us, stuffing himself. "Lots of sugar and vitamin A."

"How far North do they grow?" we asked, shaking the long tree.

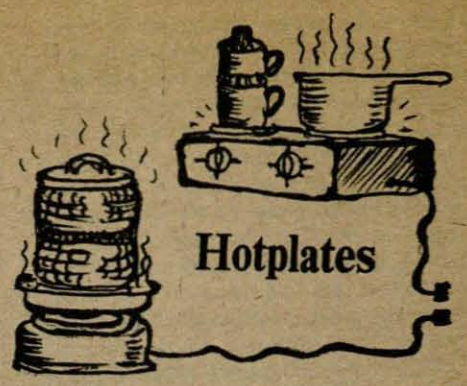
"Oh, never as far North as this!"

The persimmons were scarcely bigger than a good-sized cherry, apricot colored, with a mealy, apricot-sweetish taste that roughened the tongue. Except for the green ones, which are like eating styptic pencils. We were warned against any but the squashy ripe ones, because green persimmon has an unpleasant astringency which freezing, drying or cooking can't dispell.

We picked some hickory nuts also from a nearby tree, because they would be used in persimmon-hickory nut bread that night. The meat is rich and oily, remininiscent of pecan, which is a species of hickory. The shell is the color of a pecan shell, but shorter.

"I never eat this stuff because it's good for me," Euell said, filling his plastic bag with the rapid ease of many foraging years, "but because I like it."

He was having as much fun as a boy playing hooky. It seems not in his nature to do a thing merely because he ought to, whether that be living a certain way, or embracing another man's creed. Nor is there a trace of the meanness that sometimes comes from denying basic inclinations.



Hotplates

Hotplates are actually the most accommodating stoves. They ask no stoking, travel well and will participate in most any table-top esoterica you feel up to attempting. And they're cheap: $4 to $14 new; but you shouldn't have much trouble coming up with a used one. Moreover, with only the humble hotplate you can turn out bread, pies and steamed puddings and stun friends with your creative genius.

Hotplate rhythms, as one might expect, are slower: coffee perks in five minutes, two quarts of water take 15 minutes to boil and food can be burned before "High" cools to "Low." However, a perpetual pot simmering on "Low" will reduce heating time, and scorching can be avoided if you keep to "Medium" or have a second burner ready on "Low." Or you can use a rack or simmer plate to keep the pot off direct heat.

Your repertoire of culinary miracles can be extended a good bit by buying or makeshifting one or two pieces of auxiliary gear. Steamers, for one thing.

Steaming is a superior method of cooking vegetables especially: it gives better flavor, texture and vitamins. Food is cooked in a chamber of live steam set above (never in) boiling water. Most steamers come in four pieces: boiling pan, two tiers of racks and a cover. They are made of bamboo or aluminum and you can buy one for $9 to $30 depending on diameter and retailer. Best buy for New Yorkers seems to be the five piece 22-inch model sold by the Yat Chong Trading Co, 29 Bayard St. for $9.50. For mail orders, you would do well to write York Equipment, 354 Broadway, NYC, where a 9-inch model can be had for $6.50.

Folding steamer inserts are sold for about $5, or you can improvise by setting a colander over a saucepan of boiling water. To seal in the steam, cover pan and colander with heavy duty aluminum foil, then fit the pot lid on carefully. For best results add the food after water has come to a boil. Food can be set directly on the rack unless very small or crumbly; then put it on a plate. Timing varies according to individual tastes, but here is a rough guide: 2 or 3 minutes for greens, 5 for peas; fish takes 10 to 15 (until FIRM—not flaky); carrots, quartered potato and bread 15; quartered beets 20; whole potato 30; disjointed chicken 30; whole chicken 40 to 60 or until juice runs yellow.

With the steamer and Wok—the coolie hat-shaped fry pan—the Chinese have created one of the great cuisines, and one well suited to surface cooking. Should you wish to pursue this further, a basic and very handsome book is *Mrs. Ma's Chinese Cookbook* put out by Charles E. Tuttle Co, Rutland, Vt.

Here is a sample Chinese dinner which can be made on one burner if you have a steamer: rice, chicken, rolls, salad. To make Steamed Chicken, combine: one disjointed broiler; two tbs. rice wine, saki or dry white sherry; one stalk leek; two scallions or a small yellow onion; three slices ginger or one-half tsp. ground ginger; one tbs. Tamari or Chinese Soy Sauce; one-half Chinese sausage, sliced; four dried mushrooms soaked 20 minutes. Place in covered glass or earthen dish and steam one hour or until tender. Rice: If you have one burner, prepare rice from your usual recipe and take from fire when outside is tender but a hard kernel remains. About five minutes before serving time, wrap loosely in foil and steam along with the chicken. To

make rolls, prepare white or whole-wheat rolls. Before shaping, roll out and place in center of each one tsp. filling made from equal parts sesame oil, chopped mushrooms and/or scallions and a dash of cayenne or crushed chili pepper. Steam 15 minutes or until firm. Rolls will look pale and raw but taste delicious. Salad: toss lettuce, one sectioned orange, one halved, seeded and sliced cucumber with peanut oil and vinegar flavored with sesame oil and soy sauce.

Regarding occidental steaming: many cultures have variations on the "boiled" dinner, where shoulder, corned beef or flanken is simmered until tender (usually about three hours) and vegetables are added during the last few minutes. In New England we use root vegetables and cabbage. Steaming instead of boiling makes less grease. Most all-purpose cookbooks have recipes for steamed puddings and brownbread; many covered casseroles can be steamed as well as baked. For variety, you can steam meats or vegetables early in the day, marinate in sauce, serve cold.

Besides the steamer, dutch ovens are my most versatile cookers. The cast iron dutch oven is a kettle with a flat lid which conducts heat fairly evenly to give the hot sides and lid you need for baking. The one I use for baking is a 14-inch monster but it doesn't seem to strain my hotplate unduly. Any castiron cookware, whether bought new or second hand, should be seasoned first to prevent rust: grease 'er up, bake on high heat for a half hour and anticipate strong smells. Clean with mild soap, never steel wool or scouring powder. Pot cleaners made of thin steel coils do a good job. Pans should be oiled before a long fallow period also. Caution: cast iron can crack if dropped.

To use: preheat on "High" until cover feels hot (10-15 minutes), set food on the round rack that comes with the oven and bake (glass or pottery holds heat and gives best results). Procedure for breads: mix according to your favorite recipe and



Taking a lesson in the cultivation of pleasant thoughts and high ideals.

HERB GARDENS TO VISIT

The following are open to the public:

Brooklyn Botanic Garden
Brooklyn, N.Y.

The Cloisters
N.Y.C.

Mission House
Stockbridge, Mass.

Shelburne Museum
Shelburne, Vt.

Caprilands Herb Farm
Silver Street
North Coventry, Conn.
(near Hartford, between Manchester and Willimantic, they have Herb Forums etc. beginning in April, write for schedule)

(We would appreciate reader response to these spots as well as additions to this list)

"Will wild food always be available, do you think?"

"Yes."

The voice is steady-paced, expressive, with venerable undertones. And there is an actor's sense of drama - or a preacher's.

"Ask a simple question, you get a sermon," Freda complains.

Which is true, but one is glad to listen.

After we had eaten enough persimmon to sustain us, we set off to forage in earnest - if "earnest" describes any of our activities that lollygagging day. Euell's own pace was unhurried. He had nothing better to do, it seemed, than mess around with us. Whatever we did took longer than it should because talk took precedence over everything. And that is one of his secrets: he surrenders his full attention to the thing at hand, be it living, or writing, or sitting still.

We drove to a scrubby wood that rose toward gentle mountains eastward, and this forest floor was strewn with huckleberry, blueberry and wintergreen.

"You often find these together; they require the same kind of acid soil."

Wintergreen - or teaberry, or checkerberry; they are the same - have stiff glossy leaves, oval and green. As Fall progresses, each leaf cluster bears a wintergreen-flavored berry which is Christmas red. These chewed leaves taste of wintergreen also, and tea can be brewed from them. Huckleberry and blueberry grew closeby.

"If you want to know the difference," Euell told us, "remember that huckleberry has exactly ten stone-like seeds."

Huckleberry tastes sweeter, without the characteristic blueberry tang. Some found their way into our plastic bags - only a few though.

In a field at the wood's edge, we found wild gobo, or burdock, a familiar, coarse-leaved plant, resembling rhubarb, with sticky burrs, "that bad little boys throw at good little girls," Euell chuckled.

His writings described root-grubbing as a formidable task. He used a tool shaped like a narrow spade, cleft in the center, which he called a dibble stick. To us bystanders, the operation looked easier than he had described. For him, it probably was. The root was long and thin, cattail brown outside. He handed one over for us to see.

"Gobo is very popular in Hawaii, where they consider it an aphrodisiac. And it has one thing in common with all true aphrodisiacs: it doesn't work!"

The afternoon deepened; red-gold October light was over everything.

"If you have two loaves of bread, sell one and buy flowers."

Surely no sacrifice for Euell - in a pinch, he could always eat the flowers.

* * * * *

"Here, taste these!"

Ground cherry grew so thick around us we could barely step around. The ripe ones were golden, the size of a grape, and hard to come by because it was not their season yet. The taste was wild and somewhat fruity; a blend of strawberry and plum tomato. Some of us remained in the field to pick them, while the rest gathered purslane.

Purslane is a low, many-stemmed plant with succulent leaves, used for pickles and as boiling green. Or the tiny leaves can be pinched off for salad, which is what we did that night.

Frost grapes, which resemble small concord grapes and umbrella-shaped clusters of tiny purple-black elderberry, growing conveniently close to one another, as they often do, were next; and there was still gathering to be done at Euell's.

It was nightfall when we finally drove in the yard, and Euell turned to John, his teen-aged nephew and our foraging companion. "Oh, we'll get a growl when we get home, Johnny; you'd better go in and take the edge off the storm."

Freda did not strike us as being at all stormy, in fact maintains a remarkable good humor despite continual invasion of her household by prying, sometimes bedraggled, even unappreciative houseguests, and none of it seems "put on". Straightforward, with a candor that doesn't have anything to do with the small cruelties and self-indulgences often passed off as "honesty", Freda can be relied upon for truth saying - with Euell the main beneficiary of course.

However, she is no mere purveyor of galoushes and shrinker-down-to-size, and any description of Euell must include them both. Contrasted with Euell's Huckleberry Finn proclivities, she is a rock. However, Freda is the occultist of the two - Euell has little patience for seers and healers - and her interest in paraphsychology is of some twenty years' standing. She is one of Edgar Cayse's original admirers. More recently, she has taken up drawing, and has done some fine, sensitive studies of plants. A very eligible candidate certainly for illustrating future Gibbons books. Between the two of them, anchorages seem to be exchanged which keep both from flying up at the same time.

One finds in Euell a protective, even healing quality that seems to insulate those within his charmed circle from the outside world. And he retains the childlike qualities of a mature human being who has managed to keep all the channels open. There are also traces of self-abuse characteristic of his generation. Heminway is one of his favorite authors.

He bent now over a stump used for a chopping block, with an inch thick sassafras root in hand, to be cut to kettle size. We meanwhile unloaded gear and gleanings, then following him to the stream for watercress and finally to his side field where girasol towared above us.

"This garden was seeded by the little ones I didn't want to bother peeling. They are tedious to peel, and I intend to peel these, so bear that in mind before you pick too many."

He turned the black crumbly soil with a garden spade while we harvested the tubers and dropped them in a bushel basket. The roots of these Jerusalem artichoke were knobby like ginger root, and about that size, with skin the color of a russet potato. Raw they have the crisp texture of waterchestnut and an earthy taste. They lie under the flower stalk itself, which is not an artichoke but a sunflower with a yellow instead of brown disk in the center.

Closeby some catnip, a mint family plant, gave off an odor somewhat like cat pee, though it was not offensive.

In the garden, more weed than anything else that time of year, we harvested mint, sorrel and wild onion. There was mallow also, and, of course, earthworms.

"The Austrian friend I told you about who was so good at scavanging lived on earthworms for two weeks. Cooked 'em with wild onion."

Dinner preparations, leisurely and companionable, began, with five of us stationed at sink, stove, and breakfast counter. We were suffering acute hunger after the long afternoon in open air.

We rinsed greens and grapes and artichoke, chopped and pinched and peeled; broke off tails and shucked them from the crayfish, which are tiny replicas of lobster; complete in every detail and sweeter than even lobster meat can be. Euell boiled sassafras root in a saucepan and it filled the entire kitchen with a cinnamon-rootbeer smell. Then he pressed the grape, elderberry and wild raspberry through a colander, thickened the juice with cornstarch and made hot fruit soup. He dipped bluegill fillets in tempura batter and fried them; boiled greens; buttered burdock; tossed salad, and to heartfelt groans and sighs, after the silent prayer that is Quaker grace, we ate.

It was a meal to be blessed, surely. The walnut dining table and nearly everything on it had been made by Euell himself. Framed prints of wildflowers lined the dining room wall; there was a hand-made china cabinet to match the table. And it was all done with style - an Oriental sense for detail. We sipped the wine-colored soup from curved porcelain spoons; blue and ivory china set off the browns and greens and whites of our feast.

There was the fruit soup: sweet and tangy as the juices of fresh-baked blackberry pie, and there was persimmon-hickory bread: a rich, buttery loaf in the brownbread/date nut category; then tiny sake cups partly filled with broken crayfish under cocktail sauce. The bluegill was delicately brown and moist, cooked only as long as fish ought to be cooked, but seldom is. And buttered vegetable: artichoke, somewhat like potato with a breath of turnip; poke and bladder campion combined to a subtle version of spinach; burdock indescribable as carrot. The salad contained watercress, purslane leafy tips, sheep sorrel (an acid, succulent arrowhead-shaped leaf), ground cherries, wintergreen berries and fresh huckleberries. There was also strawberry, elderberry and plum jam - all wild - and sassafrass tea - a spicy beverage served scalding hot. Finally, when we were certain we had tasted all the tastes that were to be experienced, Euell crowned the meal with honeyed blueberries and wild strawberries in whipped cream.

The tapes transcribed below came after that. We sat in the livingroom by a slow fire on a hearth built of stones the Gibbons have collected in their travels. What is not recorded are the looks, inflections, spontaneities, an unmistakable sense that our host was with us and wished us to make no mistake about who he was. In the short time we visited, he did indeed establish a full person in our minds.

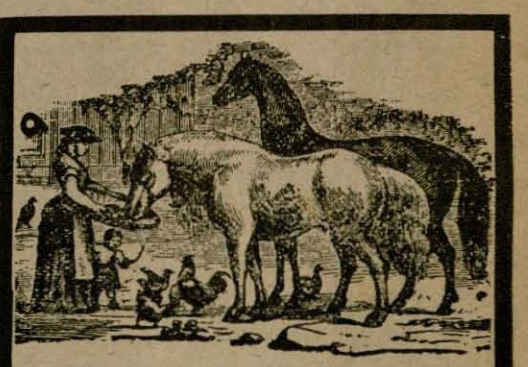
let rise inside the dutch oven over a pan of hot water. Second time around, rise in the oven for ONLY a half hour. Then remove the dough, preheat oven and allow dough to rise no higher than an inch from top of the pan. Reason: the heat is not sufficient to kill the yeast immediately and the dough will continue to rise until the baking process is well under way. Bake for an hour or until bread pulls away from sides of the pan. Pies take about the same time. Stick a knife through the center slit and pronounce done when filling is tender. Note: don't be deceived by a pale crust or you'll end with an unplanned black-bottom pie (or bread).

Steam generated by baking in this small oven will condense and drip from the roof. Wiping with towels helps, also placing a matchstick under the lid as a vent; or lay foil loosely over the top of your food. For browning, remove food and prop the burner upside-down over the crust. Single burners can be hand-held and this is much less trouble than it probably sounds.

Dutch ovens also stew or braise most excellently, and many foods such as "baked" beans or pot "roast" can be stewed as well. Spaghetti dishes and the like can be made on one burner by adding half-cooked pasta a few minutes before serving time or steaming in foil atop the sauce.

There are endless possibilities for one-potters with only salad for company. A sample recipe (best made the day before it is eaten) is Lamb Istanboul: cube an unpeeled eggplant, salt and set aside for 20 minutes. Saute, one at a time: 1 medium onion (until transparent); two lbs. stewing lamb that has been trimmed and toweled dry (until brown); the eggplant (until transparent). Combine lamb and onion with one can tomato paste and one pint tomatos (fresh ones scalded and peeled, or canned), four cloves garlic, crushed or minced, one bay leaf, one tsp. basil, one-fourth tsp. thyme, pinch rosemary and seasalt to taste. (Salt prevents bitterness in cooked tomato.) Simmer two hours. Add eggplant and simmer an hour more or until meat and eggplant are tender. Ten minutes before serving add six frozen (canned if you must) artichoke hearts and slightly cooked seashell pasta. Garnish with lemon slices. Vegetarians can omit lamb.

Best general hints for hotplate cooks: become experienced at soups, experiment with raw foods and, above all, become a browser through cookbooks.



THE MOTHER EARTH NEWS—published at 1475 Chapman Road, North Madison, Ohio 44057—is a bi-monthly publication edited by, and expressly for, today's influential "hip" young adults. The creative people. The doers. The ones who make it all happen. Heavy emphasis is placed on alternative life styles, ecology, working with nature and doing more with less.

Garlic has long been used by organic gardeners for its insect resistant properties. Now two scientists have been experimenting with spraying breeding ponds with a garlic-based oil and have achieved 100% mortality of five species of mosquitos with doses of 12 parts per million.

36 billion throw-away bottles and cans are purchased by Americans each year. Consider the savings if these were all returnable, money-back containers...more than $1½ billion is the estimated savings.



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SUCCESSFUL GARDENERS read 'Organics' - new members now receive Bimonthly Organic Gardening "know-how" newsletters. $2.00 yearly. Information Services, Inc., 720 Greenwood Road, Pikesville, Md. 21208.

THE PFEIFFER GARDEN BOOK, Bio-Dynamics in the Home Garden, $3.95; *COMPOST, What It Is - How It Is Made - What It Does*, by H. H. Koepf, 50¢; BIO-DYNAMICS, a periodical furthering soil conservation and increased fertility in order to improve nutrition and health, $3 per year. Literature list. Bio-Dynamic Farming and Gardening Assoc., R.D. 1, Stroudsburg, Pa. 18360.

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KARZYBSKI--students wherever you are. We're onto a new consciousness in a common psycho-biosphere made of the soil, air and blood. Write to us and we'll send you a copy of Roy Ald's book, *THE YOUTH COMMUNES*. The Boston Society for GS, 6 Magnolia St., Dorchester, 02125.

Besides Isabelle, who slept peacefully on the rug, we were four in all. Other presences were also in the room, I think.

* * * * * *

EUELL, WHO DO YOU THINK HAS WRITTEN THE BEST PIECE ABOUT YOU?

Oh, that was John McPhee from the NEW YORKER. We met on Hurricane where he had come to do a story on Outward Bound. We liked one another right from the beginning; always had our meals together, and he was usually around while I was teaching. He didn't want to just do a profile or an interview, he said: "I want to take a trip with you."

Well, I wasn't so eager to go out in the middle of November. I'd never gone in the middle of November before. And I don't think there's been a year since when I haven't, it proved to be such a wonderful time to go. Late fall foraging is just great.

WHAT CAN YOU EXPECT TO FIND IN MID-NOVEMBER?

Most of the things we were looking at today: ground cherry, persimmon, nuts, burdock, thistle, dandelion, wild grape...all of those were still there.

On the last day John said, "For lunch, which will be our last meal, I want us to have not a single thing we have eaten all week."

So, we did. Those mallow buttons: we spent an hour and a half picking enough of those to eat. We had two main dishes and pennyroyal tea.

YOU HAVE BEEN IN DIFFERENT GROUP LIVING EXPERIMENTS. DO YOU STILL THINK GROUP LIVING IS A GOOD THING?

I don't think of it the way I once did. The thing that drew me toward it was partly religion, and I used to tell people in the Bruderhoph that I didn't think a person could possibly serve God without living in a community. Now, I can't remember why it was I thought that!

The size of a group doesn't have much to do with it. People say that the biological family is a selfish, exclusive group, yet mine never has been. This is the second boy (ie. his nephew John) to become part of my family. The other was with us for five years. I didn't even know him. I'd simply heard there was someone who badly needed a place to live.

My family has never been exclusive, and I think this small group even is plenty large enough.

The thing I have against communities is the amount of glue it takes to hold the darned things together! And this glue takes the form of interminable meetings. You always have to be having some kind of meeting to work out the problems that exist...

(Freda, on her way to bed, came in to admonish Euell for keeping us up so late. We made half-hearted attempts to go - and remained talking for another three hours! We spoke about the different ways of relating to nature and whether it was a good thing to leave part of the environment intact:)

You need wilderness, protected from the use of man. You need the other kind, too. There's something that bothers me about the nature-tourist type of thing, where you merely go to sea and admire nature from a distance. This gets very hard to explain: the human who excludes himself from nature. Even some of the great men - Chardin for instance, say. This is what man should do: separate himself, become something different, as far from nature as he can get.

I simply don't believe that's possible at all. The very air we breathe, depends on other life forms to keep it in breathable condition. Man, along with other animals, is totally parasitic upon plants, because plants are the only things that can make direct use of the sun's energy to grow food. We have to live in a symbiotic relationship; we simply don't have any other choice. We could pretend we do, by insulating ourselves in the cities.

I saw recently where someone compared this to certain life forms that you find within deep caves. They are totally dependent upon the bats which fly out and eat insects, and fly back in and drop their manure. These bats are truck drivers who are bringing food to the market in the city.

An ecology of studying life in communities also has to recognize the fact that this total relationship is a community also. I believe this is the way the world is, and I want to live in the world realistically. I simply do not believe that people who never have creative contact with nature or any sort of intimacy with it are being realistic at all. They are living a totally artificial life.

HOW DO YOU THINK WE'RE GOING TO GET BACK?

I would say one thing: Unless we control the population, all other measures are going to fail. Control of the population does not guarantee that other things will not fail. They still can because population control is not the only solution to the problem.

In everything, we must always think in terms of harmony. Man must live in harmony with nature. We cannot walk down roads that we know we cannot continue down. Such obvious things as non-returnable bottles. Anybody in the world can sit down with a piece of paper and figure out how long it takes before the world gets ten feet deep in glass bottles! We cannot continue to deplete, to live with nature in a mining type of exploitation, which today are most farms. Even though we throw chemicals back into the soil in most areas in order to raise crops, we are still drawing on the riches of the humus that was built up. The very soil itself is an organic product. The air we breathe is an organic product.

DO YOU THINK THAT WE AS A SPECIES WILL SURVIVE?

I think that man has a better chance of surviving than many other species, which is not to say that he doesn't have the power to destroy himself. It seems almost certain that with as many chances as he'll take in this direction, one of them is going to end sometime in the irrevocable. I only hope that if we do have a blow-up, or anything of that sort, some of us will survive to rebuild it all over again.

DO YOU THINK HE WILL SURVIVE IN HIS PRESENT FORM?

You spoke of Chardin. He seems to conceive of the ultimate product of evolution as being man as we no longer know him: a network of minds....

I don't go with Chardin there.

YOU DON'T LIKE TO SEE MAN LOSE HIS PHYSICAL SELF?

I don't want to see us become this mass of nothing but humanity Chardin talks about. I want to live with all the other life forms, and I don't think that life is possible under the other conditions. Even though Chardin is a paleontologist, I don't think he's being realistic at all. He's not an ecologist, he's not a person who understands the constant interdependence of life; an interdependence which goes all the way.

I find in nature a great deal more cooperation than competitiveness. We ate the persimmons off the tree down there. Why do you suppose the tree will put fruit around its seed? So it can offer them to you when you pass by. You will presumably scatter the seed and help to propogate the species. There's all kinds of unexpected kindnesses in nature.

When I said that man and all other animals are parasitic on plants, it wasn't quite true. They're symbiotic. Many plants cannot exist without animal products, and no animal can exist without its eventually getting back to a plant-eating creature. No animal has chlorophyll which can make sugar out of power. That's what we are living on: the sugar-producing ability of green plants. That's what everything has to live on, all the other food has to come from that.

Competition is a primitive form which in successful life matures into cooperation. I believe that even the first multi-celled animal in the world started off probably by one cell being parasitic upon another cell. But a perfect parasite, you see - a parasite which kills its host - is a very unsuccessful parasite because he's killed his source of supply. So the successful parasite, the one that survived, learned to contribute something back. You see this all through nature.

There's a good deal of truth to 'survival of the fittest'. The only thing is, Western civilization calls 'the fittest' the most combative, the strongest, and that's a bunch of nonsense. Any paleontologist can tell you that the large predator occupies the most precarious niche in nature, and is most likely to become extinct.

DO YOU FEEL THIS IS TRUE OF MAN: THAT COOPERATION IS OUR NATURAL STATE?

Yes, I think this is essentially our natural state. Not that we do not have in us the violence and combativeness and many of the other primitive things. But these are not survival features. It has become very plain that these are contrasurvival, that only through cooperation will we survive.

AND YET ONE PERSON CAN OFTEN SURVIVE BY BEING ENTIRELY SELFISH.

Yes, one person can survive, providing he lives in harmony with non-human life forms. He can't do it any other way that I know of. I'm not sure but what it doesn't all come back ultimately to a selfish motive. My motive for living in harmony with nature is that I believe this is the way a man can live a more satisfactory life. It's not because I think I have a duty to be kind to the little plants and animals, and respect them, but because I believe that this is the way life is, and I have to live it this way.

YOUR ATTITUDE TOWARD MAN SEEMS TO HAVE SOMETHING THAT'S VERY BASIC TO RADICALS AND LIBERALS: AT BOTTOM YOU BELIEVE IN MAN. A CONSERVATIVE OFTEN DOES BELIEVE THAT THE LIFE OF MAN IS 'NASTY, BRUTAL AND SHORT'. HE MAY ACT DIFFERENTLY, BUT THIS IS HIS BELIEF WHEN YOU GET REALLY DOWN TO ATTITUDES ABOUT HUMAN NATURE IN GENERAL.



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But I don't think people believe that. It reminds me of many of the determinists I run into. I simply do not think that any man basically, deep in himself believes in determinism, because he doesn't act as if he believes in determinism. He holds me responsible for what I do; he holds the other people around him responsible for what they do. I know one determinist who says we do not have any free choice whatsoever; there is no such thing as choice. Then he gets around it by saying: a man must behave as if he had choice. He must not do anything, or rather, he must do everything if determinism is universal; and he thinks it is. He cannot at any time hold anyone responsible for his actions. Yet, if he does hold someone responsible, it was determined beforehand that he should, even though holding them responsible is a fallacy. I simply do not see people behaving "as if" they really had the pessimistic attitude about human nature they say they do.

KIERKEGAARD SAYS, ON THE QUESTION OF FAITH, THAT EVEN IF WE DON'T KNOW IF THERE'S A GOD, WE SHOULD ACT AS IF WE HAD FAITH. AND PHILOSOPHERS AFTER HIM HAVE SAID THAT EVEN THOUGH MAN IS NOT INHERENTLY GOOD, EVEN IF THERE IS NOTHING, I WILL ACT AS IF THERE WERE SOMETHING.

I don't believe that either - this "act as if" type of thing. I have a brother who claims to be an atheist, but says that human beings need to have a belief in God. In other words, human needs have to be mistaken! It's not true, but they have to believe it's true when it's not. They must base their lives on a premise that is false or completely fallacious. His atheism and my religion are very close together in some ways.

QUAKERISM SEEMS TO BE BASED ON INNER CONVICTION RATHER THAN SOMETHING THAT'S TAUGHT YOU.

That's ideally what it would be. Don't depend on it always being this way. I find that Quakers talk about absence of creed, but in attempting to teach a child, they will say: this is true. And it become to the child a creed and dogma. I don't believe in teaching children this way. Adults say you have to make things simple for children. You do have to make things simple for children, but you don't have to tell them damn lies! And you don't have to tell them something is true when you don't happen to believe it yourself. The best service we can do a child is not to give him a faith, but explain to him that the acquisition of a faith is a journey which he must take himself. And the best way is to give him the maps and experience that others have had which may or may not help him.

DID YOU EMBRACE THE QUAKER FAITH BECAUSE IT ANSWERED A NEED IN YOU?

Very definitely! It did provide something I needed, and needed badly. And I had a time with it; it was a journey. Silent worship was not new to me, but it was solitary worship.

DO YOU MEAN IN THE SENSE THAT ONE WORSHIPS NATURE?

Well, one worships alone and in silence and in solitude. And when I first started going to Quaker meeting, that's what I was doing there. It was only later that I saw this tremendous thing of corporate worship. It was totally different in quality. And this is one of the reasons why I do not think preparation for meeting should be reading inspirational literature, or anything of that sort, because then your mind is on that inspirational literature. Your direction is there, rather than with the rest of the group. They didn't read the same book, you see, so you are not being sensitive to the person beside you. And this I found was part of corporate worship. It happens in Quaker meeting so often that we just ceased to marvel at it. I would be meditating, and would reach a certain idea, and a man across the room would get up and speak about it. Now, some people would say this is telepathy. I don't know that telepathy necessarily explains it. I have a belief which I cannot prove at all: that there is something more than just the corporate personality of a particular group; that there is a spirit in all of us - the same one. Therefore, it is not sufficient to call this communication telepathy, because that would be a way to include it, saying: this exhausts what is there. And I simply don't believe that this exhausts what is there.

USUALLY, WHEN WE SPEAK WITH ONE ANOTHER, THE EGO IS DOMINANT. WE TRY TO IMPRESS EACH OTHER WITH HOW CLEARLY WE THINK, HOW WELL WE EXPRESS OURSELVES. BUT ONCE OR TWICE - THIS HAS HAPPENED TO ME ONCE OR TWICE OUTSIDE OF A RELIGIOUS SITUATION - WHAT WAS IMPORTANT WAS THE CONVERSATION ITSELF. PERSONALITIES WERE UNIMPORTANT. AND SOMETHING VERY EXCITING CAN HAPPEN: IT'S LIKE YEAST WORKING. SOMETHING IS BEING CREATED WHICH IS INDEPENDENT OF THE PEOPLE WHO ARE CREATING IT. IT'S A VERY RARE THING; PERHAPS YOU CAN ONLY DO THIS IN AN ALMOST RELIGIOUS SENSE.

We'd been living in Maui for three years, and had been back to Honolulu a few times and attended meeting. There was no Quaker meeting on Maui. Most of the people at this meeting had been over to visit us at least one time. So we arranged to have a weekend there before we left Hawaii to see all the people that we knew there and go to meeting. We were sitting in the meeting, and this thing kept coming to me - not a thought; it was a feeling, a feeling of harmony, a feeling of love in the room. I began to rationalize:

"They're a group of people I think a lot of, people who have loved me, and I've loved them. Many of them I'll never see again after today. It's a combination of all these things - a feeling of tremendous empathy."

There was a man there who was the pharisee of the pharisees, head of the Art Department at the University. He had spoken a few times at meeting when I was there before, always on a very rarified, intellectual plane. Now this man spoke up and said, "I feel compelled to speak, but I have nothing to say. It's just that there is such a tremendous feeling of love and brotherhood in this room!"

And I thought "If all my rationalizations about this..... if the feeling is shared here, if he's feeling atuned, he's not in the same position I'm in at all; he's really there."

That meeting has never left me since; it's been one of the most important meetings that I've ever attended in my life. We felt it carried all the way across the Pacific coming back.

ISN'T IT A SHAME THAT WE'VE BECOME SO CONDITIONED THAT WE HAVE TO QUESTION IT? TO RATIONALIZE IT?

I do it now; I've never been able to cure myself. Let's just accept it and don't start analyzing. Because I do. Of course, there's another way too. I'm talking about Zen. This is really basic to Zen.

(It was late now; Euell's voice had roughened, waned, describing feelings and experiences which for then and afterward belonged to all of us:

He had gone to Maui alone, leaving Freda behind on Oahu to finish up her year's school term. It was a difficult time. Beset by various temptations, in the process of licking a drinking problem, Euell drove to the beach one night:)

.....and tried to have a quiet time. My head was kind of in a turmoil. I found myself reliving a situation which was bad rather than good, over and over again. Almost to a point where I was in despair about it. I said, "Okay, I can't control meditation, my will...I give up!" And I did give up. Immediately a flood of strength and revelation and new insight came pouring in, and I thought "Wonderful!", because I had given up. I thought about that a little: Now I know how. Next time I found myself in such a situation, I had a sure technique; only it didn't work! I was trying to use something that had been real before, and make it into a damn technique! And you can't use it as a technique. I was setting a God trap, you see; I was going to fool Him and bring Him down. All I had to do was say: "I give up." Only I didn't give up; I was saying "I give up", in order to have this happen to me again. I was using a technique. How do you go beyond it? I don't know! I cannot go beyond techniques very often. Because at any time I do, I turn around and ruin it by trying to use it as a technique.

IT'S LIKE COURTING INSPIRATION.

Yuh. It's like techniques for concentration. I find every time I use a technique for concentration, I begin to concentrate like hell on the concentration, and I'm not concentrating on what I'm concentrating on. I find that I can concentrate very well in my writing if I get so completely lost in my material that I have no idea of using any technique. I'm lost in it, absorbed. And then I'm inspired.

DO YOU THINK THIS IS POSSIBLE BECAUSE YOU HAD SPENT A GOOD DEAL OF TIME LEARNING HOW TO WRITE? WAS THIS SO WHEN YOU WERE LEARNING HOW TO WRITE?

Learning how to write, I think I did the same thing. But I did more poorly. I studied more poorly, you see.

I still write some gawd-awful corn sometines, and sometimes it takes me a while to see it. I remember writing one paragraph I thought was the most beautiful thing I had written in my life. It was so good that I put it right into whatever I was writing at the time. The editor I sent it to accepted the piece and cut that out. "Well", I thought, "that's horrible! He cut out the very best thing that was in there!"

I wasn't going to lose that, so I put it into another article. Another editor cut it out. This happened four or five times, so finally I just put it away, thinking, "Some day I'll use it." However, it just absolutely wouldn't stand age. I thought it was the most awful corn I had ever written in my life. It was sticky; it didn't belong in my writing.

(We asked what advice he would give to people interested in forming intentional communities.)

I would like to see a deeper study of intentional communities by those forming such a community. And I would like to see the experiment be as radical as they want. The measure of its success should not be successful competition in a materialistic society. Some people with country experience would be a big help, but they are hard to find because today even farm kids don't have country experience.



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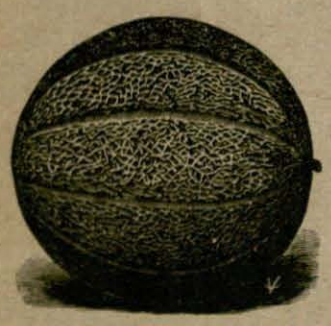
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HOW DO YOU SEE THE REVOLUTION THAT IS TAKING PLACE AMONG YOUNG PEOPLE TODAY?

Well, I see it as a genuine revolution.

DO YOU THINK THIS IS SOMETHING UNIQUE?

Yes I do. I think it is unique. Not that there haven't been revolutionaries in all other ages, but it's unique in the percentage of them.

(All of us rose now, feeling the effects of the long day and the late hour and the good meal.)

"I just got back from this colloquoy," Euell said,"where some of the kids were saying, 'My parents sent me to this school, and now I've got to do what they want me to.'

" I told them, 'Bullshit! Your parents have got their pleasure, for Godsake, you're here!'"

* * * * *

MONDAY

"Do you eat something wild every day?"

"Weeel, yes," Euell drawled, "if you count the jams and jellies."

Four kinds of preserves were laid out for us that morning: a diabetic lime, wild strawberry, wild plum and tomato preserve - an experiment: from the pulp of tomato, celery and onion after they had been put through the juicer together.

We were eating buckwheat and wild blueberry pancakes with maple syrup, assorted jams and jellies, and hot pennyroyal tea.

Pennyroyal, also called squaw mint, is for some reason often found at the site of old sawmills, Euell told us. Indian women used it as a kind of Pill. If one drank several cups of hot pennyroyal tea a day, she expected not to get pregnant.

Freda, who keeps farmer's hours in order to practice Yoga each morning, had been up since 4:30, spotted a comet and wakened Euell and his nephew John to come have a look. We listened to news broadcasts - the only time we heard radio during our visit - for some news of the comet, but it seemed that only the three of them had seen it.

The sun that day was high, bright, coppery October, and the air was warm. All of us felt mellow after the long evening, and our morning was a kid's paradise of seineing for crawdaddies in the cold creek; Euell bent, archtypal almost as a Maine Coast fisherman, dragging a net slung between two bamboo poles. Curls of crayfish wriggled in the pot creel. "We could build a fire right here," Euell said eagerly, "and cook them in the creel." We were, however, still stuffed from breakfast.

Later, we went spinning for bluegills in a pond rimmed by apple orchard. The sky was impossibly blue with a few clean clouds.

Still later, at Walnut Acres, which is located but ten miles from the Gibbons', Euell turned and turned an unbaked fruitcake in his hands. It was expensive.

"Extravagent!" Then he realized that he could afford the luxury. "You know, I've been through poverty; I know what it is, and I'm not afraid to be poor again."

Outside, he carved us sizable chunks of cake, and we stood eating, finding more things we wanted to say, while three young people hung shyly in the background. Finally one of them stepped forward with a Queen Anne's lace.

"The lady inside told us you'd know what this was."

Euell gave the boy his full attention while he explained - sold him - Queen Anne's lace.

The boy's look opened.

* * * * *

Euell Gibbons' next book, STALKING THE GOOD LIFE, essays on creative encounters with nature, will be published in January by David McKay.



ADDITIONAL PAGES OF PHOTOGRAPHS & COMMENTS ABOUT EUELL GIBBONS ON PAGES 55, 63, 81 & 82

MACROBIOTICS

GOOD AND BAD

BOB

Of all the assorted diets being tried by people in this country the macrobiotic point of view embraces the largest following. It offers not only a clearly defined diet but an entire life attitude as well. In a way it's a sanctuary of order and discipline for many 20th century refugees who often distrust institutional religion, psychiatry and the hard sell "health food diet". For many it's an alcoholics anonymous of ex-drug takers, offering a stong regime and a new culture to identify with.

Macrobiotics was evolved by George Ohsawa in Japan out of oriental medicine and diet. Through his efforts it has become extremely popular in the western world where its universal Zen aspects have been emphasized and expanded upon by many of his followers. After a very active life, Ohsawa died a few years ago. However, his work is carried on by various disciples such as Michio Kushi in Boston and the Ohsawa Foundation in Los Angeles.

Here are a few points in favor of the macrobiotic diet.

1. You stop poisoning yourself with the wide range of consumer food "products" loaded with synthetics, preservatives, etc., by adopting a diet which emphasizes simple foods.
2. The initial 10 day rice diet Ohsawa suggested acts as a detoxification period for the body no longer having to cope with our daily intake of toxic food, drink, drugs, etc. The body begins to houseclean itself once these stresses are removed.
3. During this period of readjustment your palet is simplified and the usual nervous scattered manner of consuming food most of us indulge ourselves in is stopped. Many people "cold turkey" without their indulgences but if you can make it through these ten days you are on your way with a palet ready to sense every new and different element reintroduced into your diet, a bit at a time.
4. You probably will lose weight once you break the sugar/pasta syndrome. Many are attracted to this diet because of fantastic weight losses.
5. There is a structured life/philosophy of ying/yang, oneness, universal order which permeates every element of our existence available for those that want.
6. It's an inexpensive diet that stresses bulk products which you prepare yourself.
7. The many new recipes open to you encourage you to cook, rather than open a can or package and eat.
8. Foods must be free of chemical fertilizer and insecticides.

CRITICISMS

With the exception of point #5, many other diets can accomplish the same effects. The major area of critical concern about the macrobiotic regime is nutritional. Ohsawa considered heat a positive factor in cooking so that recipes call for the overcooking of vegetables. We know that any heat kills vitamins and that extended cooking removes most of them, particularly when boiling. Many macrobiotics excuse their smoking habit by referring to the benefit of "heat". Ohsawa preferred a diet of 60-90% cereal grains, many macrobiotic publications caution 50%. The balance was to be cooked vegetables and soup with occasional flesh and even rarer salads and fruits and seldom deserts. The strongest vitamin deficiencies are vitamins C, K 7 B12 from this Ohsawa diet, a natural vitamin supplement might be wise. Ohsawa said fresh fruits and vegetables are to be eaten only in season and then in sparing amounts. A heavy grain diet in the summer when one is light and active is incongruous and unnatural to many minds. Grains are fine in the winter when we need to produce survival energy and body heat but there are no demands like this in the summer and they tend to hang around in the system and make one logy. Salt is another positive factor in the macrobiotic spectrum and it's use is abundant. Even some macrobiotic publications include a printed additional slip of paper which cautions that the American tolerance for salt is less than other peoples and suggest amounts should be cut in half. Unfortunately, most macrobiotics disregard this disclaimer as an appeasment to the American beaurocracies, (FDA, AMA, etc.) and don't take it seriously.

One last caution - the minimal intake of liquids suggested by Ohsawa can cause kidney malfunction. Your kidneys need enough excess liquid to flush themselves properly. Avoid dogma and use macrobiotics as a human activity that must be personally understood, leaving room for error.

All in all I would recommend the diet as long as one kept an open eye on nutrition and favored those recipes which included fair amounts of fruits and vegetables (some uncooked).

The following publications will be helpful.
ZEN COOKERY ($3.75) The Ohsawa Foundation Inc., 1434 No. Curson Ave., Los Angeles, Calif. 90046. A basic cookbook for the macrobiotic. 296 recipes simply presented, (#'s 248, 123, 62 & 250 reproduced in the side column show the good variety available).



Georges Ohsawa

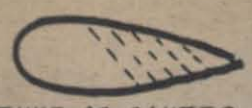
1893 — 1966

#248
"OKONOMI" PANCAKES (Okonomi means 'choice' in Japanese)
1 cup wholewheat pastry flour
9 oz. water
¼ tsp. salt
½ cup scallions chopped fine
½ cup dried shrimp (Sakura Ebi)
Or your choice of vegetables & fish
Mix flour, water and salt thoroughly. Add scallion & fish. Oil skillet lightly and heat. Add batter. Pancakes should be 3 inches in diameter. Sprinkle the top (uncooked side) with black sesame seeds. Turn and brush with Tamari soy sauce (this will be the bottom when serving).

#123A
MISO SOUP
1 cup minced onion
1/3 cup minced carrot
1 minced cabbage leaf
2 tsp. dried fish powder OR fish flakes
2 tsp. oil
4 heaping tsp. Miso soybean paste
4 cups water
Saute onions, fish flakes, cabbage, carrot in that order adding one at a time. Add 4 cups boiling water. Cook 20-30 minutes. Dilute Miso in a little water, add and cook 5 minutes. Serve plain or with minced scallions and roasted Nori. Serves 6.

#123B
MISO SOUP
1 small carrot
2 large cabbage leaves
2" pcs. of Radish (daikon)
1 tsp. oil
5 cups water
5 heaping tsp. Miso soybean paste
2 tsp. Tahini
Cut carrots in julienne slices, cut radish in small pieces, cut cabbage fine.

Saute in oil, radish, cabbage, carrot in that order adding one at a time. Add boiling water and cook 40 minutes. Add Miso and Tahini and cook 5 minutes.



FOR NITUKE OR SAUTED VEGE-

TABLES - CUT DIAGONALLY AND



SLICE THESE PIECES LENGTH-WISE VERY THIN TO LOOK LIKE THIS

"NITUKE"
Cut vegetables as shown and saute in a little sesame or corn oil. Add a little water to cover the bottom of the pan, a little salt; cover and cook on a low flame. When the vegetables are cooked and all moisture is evaporated, add Tamari soy sauce to taste.

CARROT SESAME #62
2 carrots
1 tsp. corn oil
1½ tsp. roasted sesame seeds
½ tsp. salt
1 tsp. Tamari soy sauce (or to taste)
Cook as above adding sesame seeds after Tamari soy sauce. Cook on additional 5 minutes, mixing well. (Walnuts, burdock, onions, cabbages, stringbeans and broccoli are suggested in following recipes)

#250
BUCKWHEAT CREPES
1 cup buckwheat flour
3 cups water
1 egg
¼ tsp. salt
Mix ingredients. Put oil in pan. Pour in a thin layer of the mixture and fry on both sides. Remove from pan and fold in quarters. Mound attractively on a plate. Or, before folding fill crepes with vegetable "Nituke." As a dessert, fill with chestnuts, raisins, apple sauce, or apple butter.



MICHEL ABEHSERA

LA BELLE JARDINIERE
(for 8 persons)
1 cup azuki beans
½ cup oat flakes
2 stalks celery, finely chopped
1 pinch coriander
1 pinch thyme
8 to 10 cups water
2 bay leaves
1 tablespoon miso
1 tablespoon sesame butter (tahini)
sea salt
Soak the azuki beans overnight. Add the azuki and some salt to boiling water. Cook over medium flame for 45 minutes, stirring frequently. Add the celery, oat flakes, miso, tahini, coriander and thyme. Reduce the flame and cook for another 45 minutes. Do not forget to cover and stir!

COOKING WITH GRAINS AND VEGETABLES ($1) and *COOKING GOOD FOOD* ($1). Emphasize macrobiotic concepts more heavily with diet/cooking guides. *THE ORDER OF THE UNIVERSE* ($1 per issue or $10 for 12 issues) deals primarily with macrobiotic concepts. From TAO, 303B Newbury St., Boston, Mass. 02115 (add 25¢ postage & handling for first book and 10¢ for additional copies).

EAST-WEST JOURNAL ($6 year) just begun, a good professional newspaper devoted to the international macrobiotic community. The first issue just out covers the macrobiotic scene in Brazil, France, India, London, etc. Woman's lib, aikido, drugs, vitamins are all touched on. Box 203, Prudential Center Station, Boston, Mass. 02199.

ZEN MACROBIOTIC COOKING, by Michel Abehsera ($1.25) Avon Books, Mail Order Dept., (add 10¢ for handling), 250 W. 55th St., N.Y., N.Y. 10023. Probably the easiest for the average person to get into, lot's of practical cooking tips plus the gourmet touch of living in France for 15 years. A nice mixture of Japanese and French cooking attitudes blended into macrobiotics. We are including these recipes in the side column: La Belle Jardiniere, Koi-Koku and Green Road Lined with Brown and Yellow Trees.

KOI-KOKU
The most advanced "pep pills," "bennies" and all the modern recipes for quick energy builders hardly hold a candle to this ancient Japanese dish. Dancers and athletes find it habit-forming. They want it before each performance or competition. It is also good for inflammations, including inflammations of the middle ear; pneumonia, arthritis and rheumatism and fever. It is also recommended for nursing mothers with insufficient milk. In that case, the entire dish should be taken over a 5-day period. Koi-koku is based on one of the most yin among fish and most yang of vegetables: carp and burdock.
carp, small
burdock roots, 3 times the amount of fish
3 heaping tbl. miso
sesame oil
used bancha tea leaves

A good fish market in a Jewish neighborhood is the best place to find a live carp. Ask the man to fish out a small one from the tank and to remove only the gall bladder. Some of the other customers may look at you strangely, but chances are the man behind the counter will take it all in stride--he's had the same request before.
Cut the fish into ½" slices, using head, scales, fins, everything.
Shred the burdock roots like shavings when you sharpen a pencil. Then saute them in a small amount of oil. Put the carp slices on top and add enough water to cover.
Tie a cupful of used leaves of bancha tea in a small sack of cheesecloth and drop them on top of the fish. Simmer this mixture for at least 3 hours and as long as 12. If the water evaporates, add more little by little. The carp--head, bones, and all--will have completely disintegrated while the hardy burdock shavings are still intact.
When the fish has disintegrated, take out the tea leaves, and add the miso after thinning it with a little water. Then let the soup simmer another hour or more.

If you have a pressure cooker, you can cook the soup 2 hours under pressure and continue cooking without pressure. Then fasten your seatbelt and eat everything--even the vestiges of bones. The taste, needless to say, seems wild and gamy on the first round but you haven't lived until you've tried it.

GREEN ROAD LINED WITH BROWN AND YELLOW TREES
This recipe is not only good but nice to look at. It is so easy to make, you will not believe it until you have made it. It takes time to make, yet it does not take much room on a plate. You might wonder if making it is worth the candle. But you should not miss presenting such a jewel to your guests.
1 cup buckwheat groats, toasted and blended
1 cup polenta (Italian cornmeal, available in Italian stores)
sauce bechamel, made with onions
macrobiotic bread made of different flours and grains (for 4 servings, 8 slices, 1 by 3 inches long)
parsley, chopped
cornoil for frying
salt
tamari
Cook the buckwheat like rice cream, with 4 cups of water for 1 cup of buckwheat. Add salt and keep stirring until boiling point. Using another pot, bring water to a boil, add polenta slowly while you keep stirring. Both buckwheat and polenta take 15 minutes to cook after the boiling point is reached. When cooked, place the creams--both of which are very heavy--in separate plates. Better yet, pour each into separate rectangular glass molds. Let stand until jelled. Remove molds and cut polenta and buckwheat puddings into pieces the size of the slices of bread, but a little bit thicker.

ASTROLOGY

DEVOUT WITHIN THE HOLLOW TREE

by Jim Shere

(The writer is a professional astrologer in California. The title for this series of articles is taken from an experience north of San Francisco:

...a burned-out tree stands in the center of a field; a tree so vast and real that one may stand within it during broad daylight and see the stars: trees struggle for survival in the tenement backyards of the city, just as we struggle to understand ourselves....)

As the last ice-age withdrew and man stepped from his cave to populate the world, his immediate struggle was in terms of environment, and the cycle of the seasons to which he was bound. Dependant upon crops and migratory game, he probably noted the periodicity of their availability, and related it to the only constant at his disposal: the position of the sun in its yearly motion throughout the Zodiac. Forwarned is forarmed, so the man who could "read the stars" and tell in advance the availability of food became the most valuable to the tribe, a forerunner of the shamans, priests and theologians. Metaphysical (ie. occult) thought itself, as a result, grew out of man's increasing awareness, acceptance and reliance upon natural cyclic activities; and as he measured the cycles, astrology emerged as the language he employed.

This language, evolved to describe the human condition, survives today: intact, pertinent - and to a great extent - unexplored. In these articles, we shall explore the "occult" tradition for benefit of those not trained in the hieratic languages, but in the more denotative and explicit demotic languages.

The uncovering of the Rosetta Stone in 1799 marked the discovery by modern scientists of the coincident existence of these two languages. The hieratic was more connotative and reserved for use by the initiated astrologer - priests for discussion of metaphysics in terms of the cycles discovered by their predecessors; the demotic language was written in an alphabet and employed by the state in matters of day-to-day business. Today the emphasis is on the demotic languages, with the result that horoscopes are read in the way a child reads Aesop, identifying with the form but not the content. The reader tends to fix upon himself the label of a sun-sign without acknowledging the accumulated inference of its meanings.

As man evolved demotically, the hieratic spirit within him individuated, and his perceptions narrowed to include only that with which he personally identified. As a result, gaps widened between nationalities, generations and individuals; gaps which threatened to open into the abyss foreseen by hieratics from Nostradamus to Edgar Cayse. Astrology is perhaps the only living hieratic language to survive the "civilization" of man.

In working with a client, I measure his individual relationship to the macrocosm in just the way the original astrologer-priests did: by means of a map of the heavens (or "horoscope") at the time of his birth, and interpret his chart as a highly significant map of his uniqueness. Carl Jung created perhaps the most cogent definition of why a horoscope when he wrote: "whatever is born, or done, in this moment of time, has the qualities of this moment in time."

The natal chart becomes then a graphic indication of roles, potentials and styles; but I re-emphasize that it is a map and not the territory; a symbol which must be interpreted (not simply transferred) into the demotic level to become relevant.

But to understand where we are individually, we must understand where we are collectively, comprehending the beginnings, conclusions, and seeing them as two views of the same experience. For nothing begins or ends in the universe; all is transformed at certain fulcrums, be those fulcrums atomic fission or fusion, birth or death. Just as we can understand portions of ourselves by examining conscious memories, but must analyze the subconscious in order to reach a fuller realization of ourselves, we can understand portions of our collective behavior by investigating our history; but unless we explore the collective unconscious, we will only be examining fragments which have little or no connection. The occult tradition, especially astrology, serves as a media for the Mysteries, just as our dreams serve us individually as the media for our more personal mysteries.

The primal Mystery is that of the Creation itself. It is no coincidence, but rather synchronous (to use Jung's term) that to take two widely divergent cosmologies (The Holy Bible and the I Ching), we read first of the original Duality of Spirit and Matter symbolized as the duality of Heaven and Earth:

> In the beginning, God created the heaven and the earth. And the earth was without form, and void; and darkness was upon the face of the deep. And the spirit of God moved upon the face of the waters. And God said, "Let there be light", and there was light. And God saw the light, that it was good; and God divided the light from the darkness...
>
> ---The Holy Bible, Genesis I, 1-4



WHOLE EARTH CATALOG

The mother of the movement to make easy access to tools and information necessary for intelligent survival. After providing several years of catalogs and supplements, the highly successful publication will cease with the Spring '71 issue so that its staff can pursue other projects. Current and back issues are available at $3 and supplements for $1.
Whole Earth Catalog, Pertola Institute, 558 Santa Cruz Ave., Menlo Park, Calif. 94025., (a portion of one issue 's index is reproduced below).

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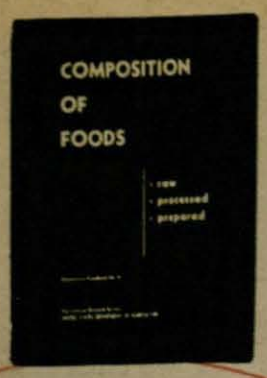
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COMPOSITION OF FOODS

This $1.50 publication from the Dept. of Agriculture provides a pretty thorough listing and nutritional breakdown of most foods.
From: Supt. of Documents, U.S.G.P.O., Washington, D.C. 20402



AGRIBUSINESS

The Jan. 15th Berkeley Tribe informs us that "organic arsenic is being added to chicken feed to make them grow faster. You might be wondering if it will help US grow faster. But the government doesn't want us to worry. You see, organic arsenic isn't quite as toxic as the famed poison, inorganic arsenic. And they say there's no APPARENT danger to humans from eating chicken. Still, USDA tests show 5 to 8% of last year's chickens were above their "acceptable" rate. Even this is an improvement - in 1968, 27.5% flunked the arsenic test. But no chickens have ever been recalled to the factory for repairs. On the poisoned pork scene there's great progress. Only 3 of 202 hog samples tested last year were above the "acceptable" arsenic rate. Yes, food fans, you get plumper, meatier chickens and pigs from AGRIBUSINESS, where profits are our most important product."

A government nutrition survey shows that 5 out of 10 girls and 2 out of 10 boys don't get enough calcium; half the girls need more iron and nearly half need more vitamin C.

....great indeed is the sublimity of the Creative (Heaven or Yang), to which all beings owe their beginning and which permeats all heaven...perfect indeed is the sublimity of the Receptive (Earth or Yin). All beings owe their birth to it, because it receives the heavenly with devotion...
---The I Ching, T'uan Chuan upon the first two hexagrams: Ch'ien (Heaven) and K'un (Earth).

That is to say: In the beginning, Spirit, which is infinite, active, chaotically-moving and passionate, sent forth cettain Emanations. This Spirit observed finite Matter within it as static, passive and receptive. Objectification and identification of one by the other was the beginning of the synchronous involution of Spirit and the evolution of Matter. Matter moved under the gaze of Spirit, and articulated as the Emanations from Spirit propelled it.

Archtypes in the East and West symbolize this oldest of stories: within the Cross we find the interstice between the horizontal line of receptive Matter and the penetrating vertical line of Spirit. The Tao, on the other hand, signals the interdependence of Spirit and Matter, and their contradefinition: that which is not Yin is, therefore, Yang; Being and Nothingness, coexistent without mutual exclusion.

Through these symbols we may observe the involution of Spirit as it penetrates fecund Matter (an archetype itself of secual congress), which then grows to incorporate Spirit within. Spirit is now bound to Matter, and to the cycles of reincarnation. Thus begins the physical evolution of the race, counterpart to the entripy (ie. gradual slowing down to a stasis) of individual spiritual awareness.

Regardless of our own private opinions of reincarnation, most thologies do accept metemphsychosis - to use its proper term. My own belief is that birth is a reincarnation of the individual ego and that Soul results from the bringing together of the Primal Duality which Spirit has drawn from Matter. This Soul itself divides to produce intellect and emotion: an involution of Sprit and evolution of Matter on the microcosmic level. The Primordeal Duality becomes manifest duality. Upon death of the individual ego, reunited Intellect and Emotion are returned to the Soul. And yet the Soul as a rule is still individuated to the point where it must reincarnate; oscillating between Primordeal and manifest conditions, working its way back to the collective Spirit from which the Emanations had come.

An analogue I prefer when discussing the problem of metempsychosis is that of the native guide. Just as one hires a native guide when touring unknown territory, so too the individual Ego links itself to a Soul as we incarnate. The Soul is the connective tissue, guiding Ego after Ego through successive incarnations.

As a result, the appropriate concern is not with the quantity or quality of the Egos in succession, but with Soul as it evoles through one Ego to the next, especially in terms of the territory it inhabits. That territory is Life itself, Manifest experience. The person who best understands this territory is one who inhabits it fully. Think of the guide who is stuck with tourist after tourist, all interested only in the surface qualities of the land, and not in the underlying mysteries. This is the position of the Soul that undergoes many incarnations with Egos that will not aspire. The solution to the original mystery and the mending of the original alienation from Spirit - curing the psychosis in metampsychosis - this is the appropriate task of the incarnations we undergo, a task which is not attended to unless successive Egos permit exploration.

Incidentally, the subconscious mind, which is the link between Soul and Ego, is the point where strain is felt most directly between the two: violent nightmares, accident proneness, and most subconscious uneasinesses are the result of Ego being painfully ignorant of its obligations to the Soul in its struggle to return to the collective state.

The vector of this activity is not easy to describe because we are speaking of hieratic matters. Simply stated, God is the shape of the Universe in its multiplicity, and Godhead is capable of envisioning it, for to envision a thing is to create it.

In his captivating book, One, Two, Three....Infinity, George Gamow brings his reader to an understanding of the Mobius Strip and Klein bottle, which I take as models for the structure of the Universe. A Mobius Strip is a continuous ring of paper which has but one side; it is made quite easily by twisting the paper one-half turn before gluing the ends together. If you draw a line along the inside of the ring, you will find you have drawn a line on both sides without lifting your pen. The Klein Bottle carries this effect into the next dimension, for while the Mobius Strip is a twist through the third dimension of a two-dimensional object, the Klein Bottle is a three-dimensional object twisted through the fourth dimension (time) in such a say that one arrives at a bottle which has only one surface, and fluids are both within it and without it - in fact, if such an object really exists, we are within and without time ourselves, as are all things. And such objects do exist, beyond our perceptions; they exist counterpart to the folding in of the embryonic cell from which each entity is biologically evolved.

This effect is contained within the mystery of the word "cleavage" which is its own antonym: it means to split apart and to knit together.

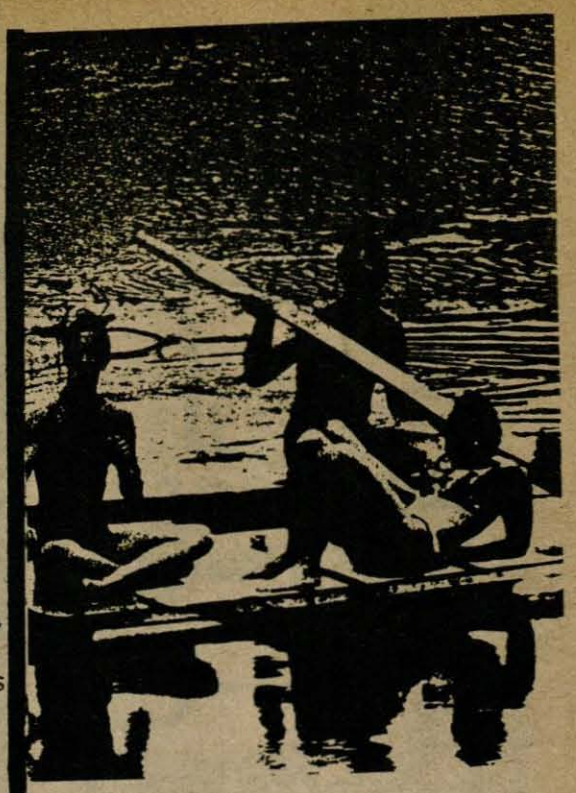
The Universe carries this effect one step further with space and time twisted through the Center, the Umbilicus, the Spirit from which Primordeal Soul emanated at the Creation. This Center, or Spirit-source, is what is referred to by Tibetan Mysticists as the Akashic Record, by the Norse as Yggdrasil. It is that point where the snake bites its tail; what Rene Daumal called Mount Analogue; the East towards which Hesse travelled, and the museums in which his heroes confronted themselves; Satori; Nirvana; the point where the lines converge as one draws the glyph for infinity - allthese are demotic representations of the truth that all realities (including the one in which the reader finds himself as he reads this page) are related by converging to the Center, moving either towards it or away.

We have evolved a system of indicating that movement along the orbit towards and from the Center through the word "Cycle". Cycle is commonly understood to be circular and to move in rotation; it is in face the shape of the Universe, and motionless. It appears to move due to our motion about. Relative motion is difficult to perceive from within, and even more difficult to understand and describe. Yet Cycle itself is the standard to which we all identify as we move through it. We are the continuum: times does not move, for Cycle does not move; we move along the periphery, experiencing each part in our time, in our journey.

Hence astrology: the measure of Cycle in terms of man and his evolution, his relationship to environment and his aspirations. With the tools of my trade the ephemerides, tables of houses, log tagles and aspect gauges, it is possible to trace the individual relationship to environment, and the racial evolution itself in terms if Cycle. With a combination of educated guesswork and intuition, the astrologer may provide some meaningful remarks upon the human condition.

* * * * *

(The next installment will discuss the signs of the Zodiac, the planets and other standards of measurement employed by the astrologer, in terms of origin, meaning, and application.



SPRING WATER

Wondering what kind of business to get into? Fresh water services, bottled water, bulk tanks, etc., are becoming more necessary as urban water supplies become unfit to drink. The chlorine etc. is so strong in many towns that brewed coffee can't cover it.



Matthew Chait serves grains and vegetables to students from Boston University. The food-stand, termed the Ricycle, outdraws pizza and hot dog stands vying for student business.

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(ARTISTS RETURN TO THE LAND
continued from page 32)

and lakes. Many of these forms are not new to us, it's the commitment and simplicity that I'm attracted to. In most cases the artist cares little about communication with a public. It's a period of reestablishing independence.

Along with these pure intentions will come naive abuse of the environment by others. I can't go along with any artist who adds to chemical pollution, ecological imbalance or plain visual clutter of the environment. I'm particularly down on Bulgarian artist Christo Javacheff, whose super international scene ego coaxed $130,000 out of commercial firms for publicity to smother ("wrap up") one mile of Australian coastal cliffs! Doing something with simply your own presence and physical labor is one thing but to have to cater to an establishment for thousands of dollars to execute ecological damage is insensitive, irresponsible and certainly not breaking any ties with the existing scene.

The question naturally comes up. If I can do that, am I an artist? Yes, we all are to a degree, some just devote themselves more completely to creative lives than others. Art is a vehicle for discovering yourself. Practically anything can become an art with concentration. Concentrate on your life and it will become art.

BOB



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ABOUT SPROUTING

Isabelle & Bob

WHY SPROUT? It's one of the quickest and cheapest ways to have a steady supply of fresh greens throughout the year. Nutrients increase many times over when seeds sprout. Vitamins such as C, B, & E show gains from 10 to 2000% according to Dr. Burkholder of Yale and Dr. Bailey of the U. of Minn.

HOW TO SPROUT: You only need a large wide-mouth glass jar (quart Mason jar excellent) and a piece of cheese cloth, nylon hose, copper screen or plastic mosquito net to cover the top of the jar. Hold net in place with heavy rubber band or outer ring of Mason jar.

1. Select seeds to sprout - all healthy seeds can. Avoid those treated for planting with chemicals. Easy to start are mung beans, a tiny soy bean that tastes great raw or cooked. 1/2 cup is enough for a quart jar. If not handy, try a mixture of 3 tsp. alfalfa and 5 tsp. of lentils. The lentils help spread out the very fine alfalfa sprouts; mung can be mixed in also.

2. Put in a jar, cover with screen and fill with water, agitate and pour off water. This washes seeds. NOW fill jar 1/2 full with water and soak seeds 12-24 hours. Pour off soak water to be saved for soup; it's full of vitamins, enzymes and minerals. After jar has drained, place on its side in a warm place. Rinse and drain twice a day with tepid water (to avoid chilling). Place container in indirect sunlight or daylight if you wish them green with high chlorophyl content. A dark cupboard may be used for blanched sprouts. NOTE: if your city water contains flourides, or other strong chemicals, you may have trouble getting alfalfa to sprout.

3. Once sprouting has begun, the entire sprout can be eaten, but for the most nutrition, allow lentils and mung beans 3 days; garbanzo-chick peas 2-3 days; alfalfa, clover, radish and fenugreek 4-7 days; and wheat 2 days.

4. Drain well and store in refrigerator in ventilated jar. They will keep 2-4 days, occasionally a week. Sprouts are best eaten raw for taste and nutrition. Work them into your diet as a snack. The fresh clean taste actually brings oxygen into your system and will pick you right up.

A sprouting kit of seeds and information is available from Living Foods, Box 239, Astor Station, Boston, Mass. 02116 for a donation. (I'd send $1; it's a "giving" project; the postage along costs them 18¢.)

****

SALAD: Add sprouts to existing salad styles or try mixing ¼ cup bean sprouts, chopped stalk of celery, ½ cup chopped walnuts. Add ½ tsp. caraway seeds, honey and lemon juice. Serve on lettuce or raw spinach.

WITH EGGS: Sprinkle on freshly poured omelet, allowing to cook slightly into top crust, or saute slightly in frypan, then pour in beaten eggs and scramble. (Use sesame oil in your pan; it's the only oil that doesn't break down into cholesterol, forming saturated fats with high heat. It also has a fine, nutty taste). For simple egg gu yung, try sauteing chopped onions or scallions, mushrooms, celery or spinach, leftover meat or vegetables with a little soy sauce, sea salt and honey. (Dissolve honey in soy before using). Add sprouts and stir thoroughly and quickly for a minute or two to preserve nutrition and crispness. Let the sauted mixture cool for a minute or two and combine with beaten eggs. Spoon a thin layer of this mixture into a hot oiled heavy frypan and brown on both sides. Serve immediately alone, or with a sauce of chicken stock and soy sauce thickened with arrow root.

WITH RICE: Saute chopped onions and cold cooked brown rice in large heavy frypan or wok with thin coating of sesame oil. Mix in soy sauce and parsley. Stir fry until some of the bottom rice gets crusty. Add sprouts, mix until they are heated thoroughly. Other vegetables, fish and meat can be added, provided they are cut into small pieces and sauted first. (Avoid soy sauce with chemical additives; Erewhon or Lima make good soy and tamari - aged soy with stronger taste - goes farther - besides most "name brand" supermarket variety soy sauces just taste bad.)

HI-PROTEIN SPREAD: Mix sprouts with Tahini (ground, salted whole sesame butter) or unsalted sesame butter, or peanut butter. Add fermented soy bean "miso" to Tahini sesame butter or peanut butter to give them a meaty taste, something like chopped liver.

BEAN SPROUT BALLS: Run through food grinder, 1 cup mung bean sprouts, 1 cup pecans, or almonds, 1 cup raisins; then add 1 tablespoon honey and mix well. Form into 1 inch balls and roll in cocoanut.

RED CABBAGE & MUNG BEAN SPROUTS SAUTE: Heat 3 tablespoons safflower oil in skillet or wok and saute 4 cups shredded red cabbage and 2 cups mung bean sprouts for about 5 minutes until tender-crisp. Add 1 tablespoon caraway seeds, sea salt & freshly ground pepper to taste, toss lightly; serve hot.

THE MANSION

On the Back Bay side of Boston are many friendly tree-lined, and park-filled streets. Tucked inside one of the early 19th Century mansions which front these streets is a very pleasant living and learning situation devoted to natural food and its healing potential. Formally, it's known as the HIPPOCRATES HEALTH INSTITUTE but most people know it as the "MANSION" or "ANN WIGMORE'S". Among older health food advocates, Ann has been known for the amazing healing powers of her "live food" program.

Recently, plenty of young people have been attracted to her ideas so that the Mansion has become a mixture of many generations and diverse activities. It's a good place to invest a week to learn a well developed raw food diet and much more. Routine at the Mansion includes these public activities which may be attended for a modest donation:

Sunday 1-2 Meditation; 4-6 Survival Lecture; 6 Live Food Buffet Dinner.
Monday 7-8 Astrology for Beginners; 8-9 Advanced Astrology.
Monday through Saturday at noon, discussion with Dr. Ann: Topics such as natural childbirth, diets for children, care of pets, organic gardening and health problems. Demonstrations of wheat grass and other green plantings and sprouting of seeds.
Mon-Wed-Fri. 10 AM Yoga Classes.

If you plan to stay a week, they ask for a donation of $75.00 which includes all of the above plus room and meals.

Hippocrates, the father of medicine, said some 2400 years ago: "Let food be thy medicine." Key concepts at the Mansion in the healing powers of natural raw foods include:

1. Allow nature to perform her own healing by removing the burden of our normal toxic diet with its synthetic, additive laden and devitalized food products.

2. Allow your system to rest and recover by reducing the quantity-frequency of eating which keeps your body from sending its energies away from the digestive process to repair and heal.

3. Eat organic raw vegetables and their juices for maximum nutrition. (Extended cooking removes most nutritional elements.)

4. Raw foods also contain fresh oxygen which you bring into your body through eating. Oxygen is a compliment to many healing processes.

5. The use of sprouts as a cornerstone of nutrition:

   "Dr. Paul Burkholder of Yale University has found that sprouted oats of five days had an increase of vitamin B_2 value by 13 1/2 times over the hard grain. When the tiny green leaves appeared, it had advanced to 2000%. He found the increase pattern to be true for all the members of the B complex, also other nutrients, in particular vitamin C." FOOD FOR SURVIVAL IN A SYNTHETIC AGE - Hippocrates Health Institute. (See SPROUTING article in this same issue of NLS.)

6. The use of fresh greens grown indoors on trays with a thin layer of dirt. These greens provide maximum fresh and organic greens throughout the year. Buckwheat, lettuce, sunflower seed shoots and young wheat grass blades grow within days (after soaking overnite, spread out on a thin layer of dirt and cover with newspaper; keep paper damp and remove in a few days when sprouts begin to lift paper; harvest when a few inches high.)

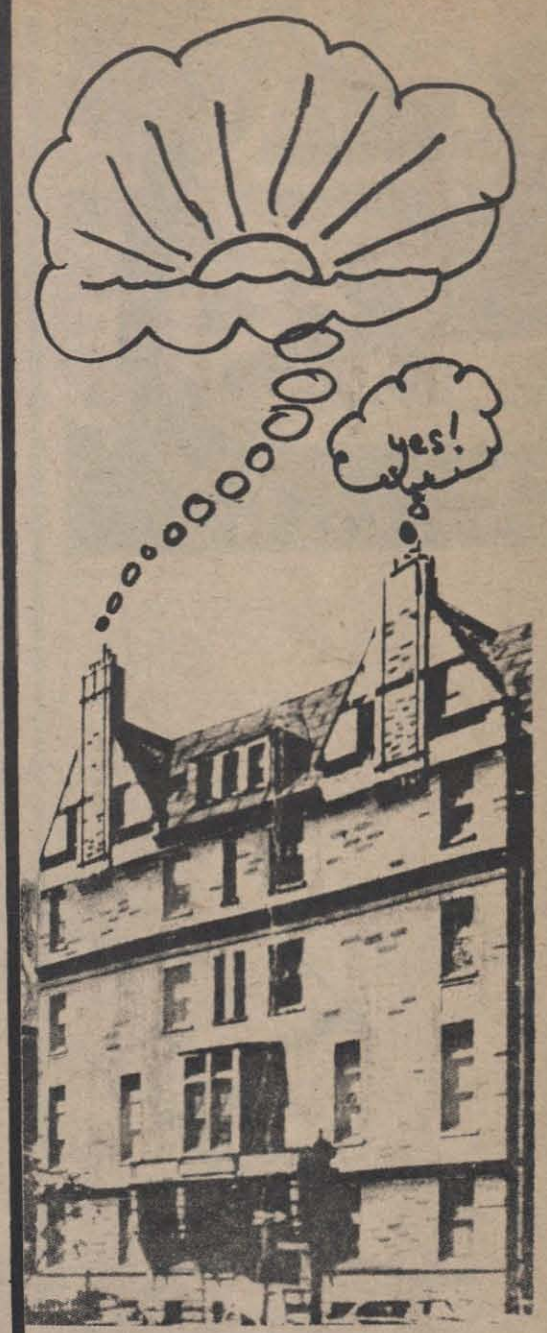
7. The use of wheat grass juice, a multi-faceted aid valued for its chlorophyll which assist many aspects of growing and healing.

More complete information on this diet and many other aspects of the Mansion and Ann Wigmore through her two fine books - GOOD HEALTH AND YOUTH ($1.00), and BE YOUR OWN DOCTOR ($2.00) which may be ordered directly from the Hippocrates Health Institute, 25 Exeter Street, Boston, Mass. 02116.

BE YOUR OWN DOCTOR - Ann Wigmore is a physical, mental and spiritual ecologist. The book considers the whole person with the strength and sensitivity of years of searching, research and really helping mankind with total devotion. A good investment.

GOOD HEALTH AND YOUTH - Concentrates more on diet, but spills over into life at large.

OUR PRECIOUS PETS - Wigmore's sensitivity to our animals and natural diet are part of this good book which is reviewed elsewhere in NLS.







ANN WIGMORE, D.D. FOUNDER



PERSONAL NOTES FROM THE MANSION:

We asked Tina to send a few notes to us about the routine, etc. Tina has been living there for some time, fully involved in the program. She responded with many of the previously mentioned points, as well as pointing out that at the Mansion you learn by doing; that Dr. Ann is available many times during the day for discussion and advice.

Another important member of the staff is Victor Kulvinskas, Director of the Institute, who lectures every Sunday at 4:30 on Personal Inner Polution. Victor has a book, SURVIVAL IN THE 21st CENTURY, in the works which we promise to review as soon as it is available. She mentions that the 6 PM supper involves the guests in its preparation. "Before the meal, all relax, and anyone is free to give a blessing of their choice. Then we all eat a marvelous meal consisting of grated organic vegetables, enzyme salad made with greens and sprouts. Luscious sauces made with sprouted seeds and a good deal of love. At night the guests relax and enjoy each other's company. Unfortunately, it is hard to express in an article the feeling that prevades the Mansion and the desire for better health which all the guests have. It gives me a wonderful feeling to see that desire become a reality."

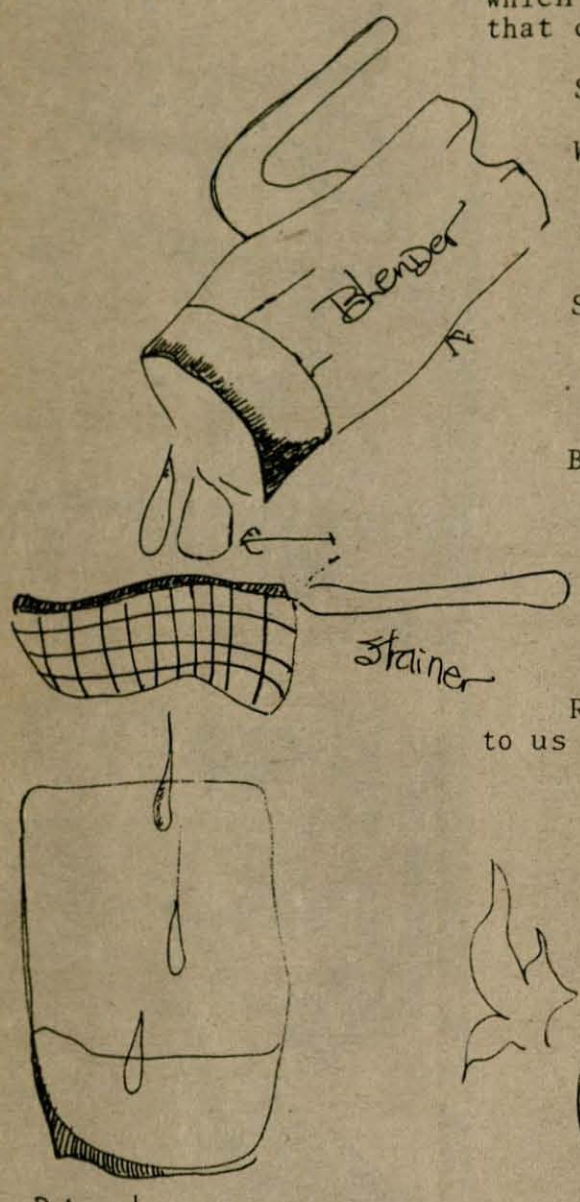
Some of her favorite recipes, learned at the Mansion, are:

WHEAT BEVERAGE - soak a cupful of wheat overnight in warm water. In the morning add some additional water and place in a blender. Blend for a few minutes. Strain, add maple syrup, molasses or honey.

SUN SNACK - ground sesame seeds mixed with 2-day sprouted wheat. Roll a mixture of dates and raisins in the sesame and serve. Or blend sesame with a few dates or figs and serve over diced apples.

BEET FREAK - Shred 3 medium peeled beets with #3 blade of Griscer or fine grater. Place cup of shredded beets - parts not shredded - with 1/4 cup water, 1/2 cup safflower oil, 2 ozs. lime or lemon juice, 2 tbs. Ceres vegetable, 1/2 teaspoon honey into blender. Blend thoroughly into a creamy consistency. It should have a sour taste with a sweet tang and salty undertones. Pour over shredded beets.

Reproduced below is a paragraph from her handwritten letter to us with her illustrations.



Wheat Milk.

MOCK TUNA SPREAD - ½ cup ground hulled sesame seeds, 1 tsp. kelp, 1 cup water, chopped onions and celery to taste, alfalfa, mung & lentil sprouts, 2 tsp. oil, 1 lemon, vegetable powder (or soup mix) to taste. Blend everything together in your blender.







At about 8:00 am the guests help themselves to a Glass of wheatgrass juice, made by passing the wheatgrass through a juicer. This is either taken straight or with rejuvelac; the water of which wheat seeds have soaked in for 12 hours and then drained. About an hour later, if they so choose, a guest may put one cup of sprouted wheat and one cup of water in a blender, blend together, you'll get a fine bowl of cereal - or one can put the Blended mixture in a strainer and have some wheat milk. Researchers have shown that along with a Doubling of the B Complex, the Vitamin C Value during the early sprouting period of wheat increases by 600. and its Vitamin E content triples in 3 to 4 Days. The guests can grow their own sprouts in jars; and go down into the basement to watch how the wheat grass is grown.

STORES

STORES - A FEW OF THE FEW REAL ONES

Last spring I spent a good many days hoofing it about town in search of an honest store. The number is discouragingly small due to venality, ignorance or pure laziness on the part of purveyors. Organic food buying, for the dealer, and ultimately the consumer, requires more astuteness than buying a can of peas from the local grocer. Not all sources, nor all suppliers, are equally reliable. Sometimes a chemical is used in the growing or the processing and not listed on the label. How do you evaluate a store? You might consider the following:

How do they ascertain whether or not the stuff they sell is organic? (ie., have they visited the plant or farm, do they buy from a broker or dealer whom they trust, and why do they trust him; is the broker bonded? Do they issue affadavits to potential suppliers; has the food been tested, how is it tested and how often?) If the answers you get are evasive, incomplete or too glib, you might do well to look for another store.

How big is the candy section? "Raw" sugar chewies may be less harmful than Necco wafers, but how "healthy" is it, after all? An undue portion of space given over to candy peddling might be a clue to underlying philosophy - or lack of one.

Do they sell "diet" products? Saccharin and/or cyclmate are dangerous for a variety of well-known reasons. Don't accept the excuse that people "ask" for them.

And other freaky stuff. Vegetarian "hot dogs", for instance. Read the label!

Do they sell foods that contain chemicals? You will find MSG listed on some "health food" labels.

Whose products do they sell? Some are to be trusted more than others. Find out from someone knowledgeable which is which. If you have reason to doubt the integrity of an item, you should question why a dealer sells it.

What is the turnover? With canned goods, this is usually not a consideration. Grains, however, deteriorate rapidly after they are ground. There is vitamin E loss from both nuts and some whole grains during storage.

Is the store clean and well organized? And how widely is refrigeration employed? Your intention, after all, is buying foods for health. Open sacks of grain or boxes of dried fruits, accessible so customers can help themselves are also accessible to children who love to run their hands through grains; to roaches, rodents and cats. How and where is the food stored? What method of pest control is used? You are paying a premium and you have a right to get what you pay for. Stale, rancid or dirty food is no bargain. Below, I have listed stores in New York (mostly) I have personally found to be good. Your comments and additions would be appreciated, especially from West Coast readers.

Stanley Fine of Bio-Organic, 35 Bruckner Blvd., was asked to write the article printed elsewhere in this issue because of his concern with truth in marketing. He offers a full line of cosmetics (he sells Shaklee Products) and organic foods, mostly on a delivery basis. His Ecological Food Society offers the same quality foods through the mails or local centers. You can write for catalogue and details. He keeps his warehouse VERY clean. Items I have found to be very good: oranges, sundried organic pineapple and other dried fruits, nuts, ice cream and other dairy products.

The Brickyard Ltd., 171 8th Avenue at 18th is the joint undertaking of Professor Robert Pollack and Miriam and Elda Luisi. Pollack, a professor of History and Philosophy, sometime friend of the Catholic Worker, considers The Brickyard a philosophical endeavor The name is intended to suggest Kolin Kelley's Brickyard (see Krazy Kat); it is also his metaphor for civilization. Titles that employ the word "nature", he feels, imply that organic food is provided by nature without any effort on the part of man. He wants to stress the human factor: man as creator of his environment.

Miriam and Elda, meanwhile, seem to have succeeded in charming their Spanish-American neighborhood into the store. Adults come because the beans and rice are better than they can buy elsewhere; the kids come for vitamin C and smypathy, and evenings the place seem to be an informal neighborhood youth center.

☒ FRESH PRODUCE? ☒ CLEAN + ORGANIZED?

CONNECTICUT HEALTH & NATURAL FOOD STORES, U. OF CONN. AREA

PREPARED BY JOSEPH BOTH & TERRY HALWES

BRIDGEPORT

Natural Organic Foods
(Turnpike Exit 25)
648 Beechwood Ave.,
Bridgeport, Ct.
Organically grown fruits, vegetables, meats, dairy & baked goods. Products from Deer Valley.

Nature Food Centers of Connecticut, Inc.
11 Post Office Ave.
Bridgeport, Ct.
335-0756
Similar to the one in Hartford.

DANBURY

4 Seasons Health Foods
91 South Street
Danbury, Ct.
743-7803
Organically grown food. Diet foods, natural cosmetics, supplements.

HARTFORD

Cambridge Coffee, Tea and Spice
Pratt St., Hartford
The only place in the Hartford area we know of where you can get bulk grains & flours. Good selection of teas and cheese. Not so much variety in other areas. Average prices.

Nature Food Centers of Connecticut, Inc.
67 Church Street
Hartford, Ct.
247-8224
A typical health food store. Tons of pills (most of store). Most things sold in very small quantities, very little in the way of grains, beans, fresh vegetables & fruits. Expensive.

KILLINGLY

Kenbar Acres
Snake Meadow Road
774-3101
Natural Organic Food. Just about everything, including meats.

NEW HAVEN

Natural Organic Foods
1311 State Street
(Turnpike Exit Rt. 5)
865-5370
Similar to one in Bridgeport.

Nature Food Centers of Connecticut, Inc.
1148 Chapel Street
787-4428
Also similar to the one in Hartford.

Our Food Shop
1241 Chapel Street
865-9864
Natural & Organic & "Macrobiotic" Foods. Some fresh produce. Biodegradable cleaners.

NORWALK

Norwalk Natural Foods
34 Main Street
838-2727
Natural and organic baked goods, meat, fruit & vegetables, supplements.

STORRS
Not By Bread Alone
Flaherty Road at Hanks Hill Road
Natural Organic Food. Biodegradable cleaners. Just started. Very responsive to customer suggestions.

WESTPORT
Chez Nona
16 West State Street
Sandwiches, salads and juice bar.

Colonial Healthways, Inc.
254 E. State Street
227-7100
Organically grown foods. Wide variety, including meats and poultry.

Four Seasons Farm, Inc.
181 W. State Street

WILTON
Natural Living Center
33 Danbury Road (Rt. 7)
762-9711
Has most anything. Average prices for a non-specialized health food store. Soon to accept food stamps. Wide selection of books. Fresh dairy products.

WINSTED
Elmbrook Farm
Torrington Road
379-2424
"Complete health food super market".

a descriptive list prepared by Joseph Booth and Terry Halwes of the Univ. of Conn. We would appreciate reader evaluations of local stores with good and bad points.

MASSACHUSETTS
BOSTON-CAMBRIDGE
Erehwon
Newbury Street
Maybe the best store in the Northeast. Wholesale and retail. Grains and vegetables, fresh or dry. Directed toward Macrobiotics, but have a wider variety. Everything can be bought in bulk of any quantity (peanut butter, oil, miso, etc. included). Bring jars, bottles, bags. Large selection of cooking and processing equipment. Prices are the lowest we've seen and keep getting lower. Baked fresh daily counter. Senai, their restaurant down the street, serves good macrobiotic meals. They can direct you to macrobiotic houses in the area, classes, etc.

Walden
Walden Avenue
Wider variety than Erehwon in areas like fruit, meat (all organic, of course). Low prices. Very nice place and the people are really friendly.

WHITMAN, MASS. (South of Boston) Natural Food Center has good varied stock, lots of fresh organic produce & goat's milk ice cream. Wynn is a very honest dealer.
Bob

The Cauldron's Well, an extension of the Cauldron Restaurant, is an attractive little store on Sixth Street, between First and Second Avenues. You can buy fresh juice there, and they sell home-made baked goods - which is why you ought to stop. Much depends upon what you buy, who cooked that particular item, and how "healthy" you like your food. But give 'em a try.

* Diana Roselyn (168 East 48th Street) reminded me of the witch-of-sorts in a children's book I was writing at the time I was surveying. I found her perched on a tall stool in the tiniest of shops, pink-cheeked, remarkably clear-eyed, wearing a close-fitting velvet cap - and knitting, if I remember rightly. She is matter-of-fact and crisp, with arcane undertones, and when, at the end of a very illuminating interview, I asked why she did not sell fresh vegetables, she answered firmly, "I think I've told you enough for today!" The shop has a nice honey section; she'll tell you what she knows about her wares, and sometimes more besides.

☒ SHELF LIFE-TURNOVER FAST? ☒ LOVE

SOURCES

Gericke's Organic Farm, 2876 Arthur Kill Road, Staten Island: They sell their own produce, chicken and plants as well as meats, apple juice and citrus juices from sources who have signed a sworn affidavit. I have not personally visited the farm (review to follow in next issue), but this is assuredly one of the real ones.

Walnut Acres, Penns Creek, Pa. 17862. For those of you not handy to a natural food center, this is probably your best bet for East Coast foods which you cannot grow yourself. Ideal for cooperative buying. They sell a full line of grains, appliances, dried fruit, daily, books, vitamins, tea, cosmetics, some fresh, many canned goods. The bakery and canned goods are made at Walnut Acres, and those I have tasted are superior - truly homemade-tasting. They are scrupulous about stipulating whether their products are organic, unsprayed or whatever, and whether they have personally checked out the supplier or whether they hold a sworn affidavit. The place itself is immaculately clean and well appointed. Walnut Acres is a community, which is another reason for ordering. Send for their catalogue or visit.

I've saved the best (anyway my favorite) for last. Two farmers make a weekly trip in from New Jersey to sell the best organic chickens, eggs and vegetables in town. This is a real community place, and buying food is much more than a business transaction. When I come around in the late afternoon, I always find a couple of strays who have been in the back room since 6 AM arguing some point of metaphysics or nutrition. The farmer-storekeeps (I understand they also arrange dates on occasion) are personable, direct, and every bit as quirky as they have a right to be. All this is meant by way of tribute rather than encouragement to buy because they have all the business they can handle. They are in need of hardworking farmhands, however, and for those of you about to embark on homesteading, a season down on the farm could be a worthwhile learning experience. You can write them care of us: New Jersey Farmers.
.....Sally

COLLINS BROOK SCHOOL
DICK WATSON
RD 2, Freeport, Maine 04032
Tel. 207 865-3385



Happy, cluttered, honest, noisy, gentle, busy, Collins Brook School is a living-learning environment that supports children as they grow and learn in their own directions.

A school community where children have the freedom to choose their involvements and the responsibility to run their own school. Experienced staff. Organic gardens; animals; brook; 110 acres. New building complex.

We have several places still open for boarding students ages 5-13.

Admission is based primarily on interviews with the child and his parents.

We are about 2.5 hours north of Boston.

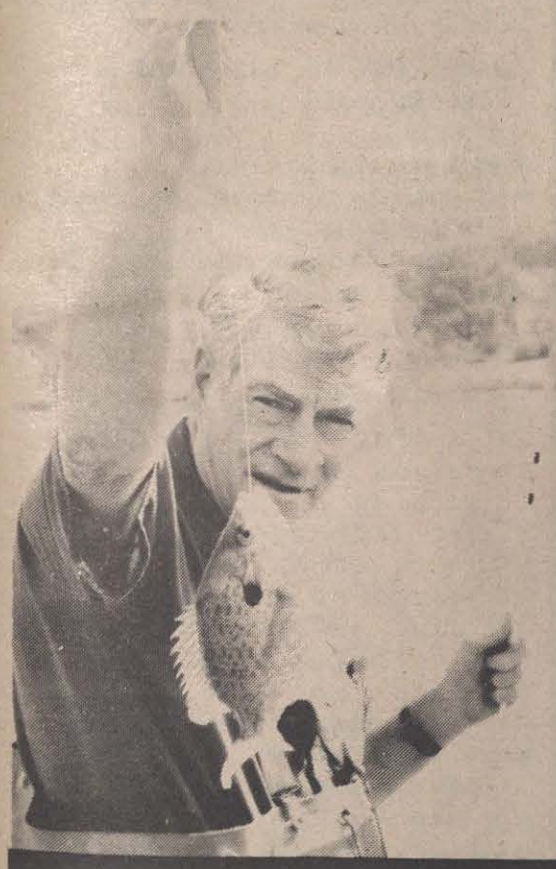












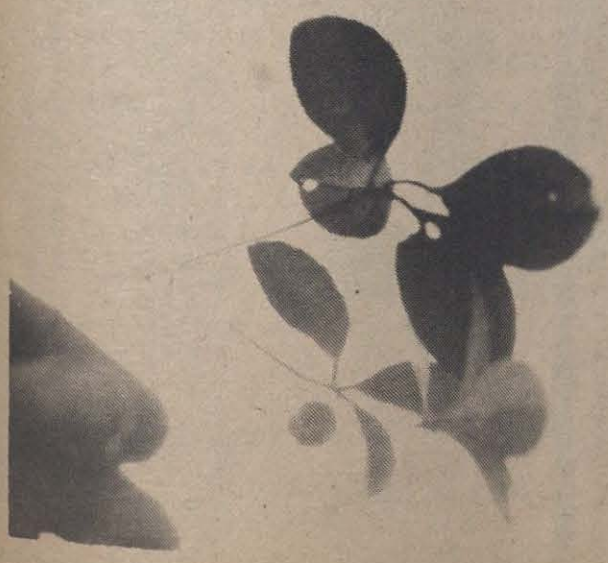
Euell Gibbons
(Cont'd from Page 13)
(More on Page 63)

Not much luck in this stream--as far as fish went-but collected a large number of crawfish and a few fresh water mussels. At a nearby pond we loaded up with sunfish, bluegills, etc. Not very big-but tasty.



"I just got back from this colloquoy where some of the kids were syaing, 'My parents sent me to this school and now I've got to do what they want me to.' "I told them, 'Bullshit! Your parents have got their pleasures, for Godsake you're here!'"

Wintergreen berries went well in our salad.





Mature dandelions can be trimmed to the center crown for delicious steaming.



YOKO ONO'S GRAPEFRUIT-CAGE-FLUX

The poetic, zen, dadaist puzzels and events quoted to the right are from GRAPEFRUIT a collection of mind expanding propositions by Yoko Ono beginning in 1953. When GRAPEFRUIT was published last year by Simon & Schuster ($3.50) it gave most people a first look into the mind of John Lennon's artist/wife. Yoko Ono has been a heavy artist on her own terms for quiet a few years. She was known through her experimental film/events as a member of the N.Y.C. based Film-maker's Cooperative and her long association with the FLUX group, an international association of conceptual artists. Many of the larger graphics on this page are from a Flux program which included Yoko Ono & Dance Co. in 1966.

Flux artists are as varied as the Dada and Surrealist artists of the earlier movements with which they share many concepts. The use of chance as an element of the art form is common to both Dada, John Cage and Flux. Chance is a gesture of affirmation and acceptance of chaos and the humble position of man in the world. Cage seeks to remove himself from the means and ends of the composition, to identify with the ground of existence. The heresy of Dada and Cage is the abdication of will. "Form is what interests everyone and fortunately it is wherever you are and there is no place where it is not."-John Cage. The chance gesture becomes a spiritual insight into the condition of chaos.

Today also,
Today also, a kite
Caught on the enoki-tree
-Issa (translated by R.H.Blyth)

To see a World in a grain of sand
And a Heaven in a wild flower,
Hold infinity in the Palm of your hand
and Eternity in an hour.
-William Balke,
"Auguries of Innocence"

Do not, I beg you, look for anything behind phenomeno. They are themselves their own lesson.
-Goethe

When the Ten Thousand things are viewed in their *one-ness we return to the Origin and remain where we have always been.*
-Seng-Ts'an

(above quotes are from THE WORLD OF ZEN an East-West Anthology by Nancy Wilson Ross Random House, NY)

The connection between Zen Buddhist "thoughtlessness" (Face it without thinking about it) and Yoko, Flux and Cage is pretty obvious. All at one time or another deemphasize the role of our intellect, which for the most part functions on the surface of our mind inventing games for itself. This is pretty obvious to anyone who attempts to sit still for even a minute and think of one thing or nothing. The mind behaves like a spoiled child or a "drunken monkey" when even this simple demand is made of it. It will try every seduction in the book to get you off center. Zen masters have for centuries challenged the intellect with unanswerable questions "What is the sound of one hand clapping?" "Waht was your face before you were born?" The intellect must overkill itself in a frustrating attempt to understand and intellectually answer such questions before the ground is ready to grow upon with pure understanding. Artists have for the most part always known that the "mind" has a way of getting in the way of communication. People who walk into an art gallery and want to know titles and prices before they look are prime examples. Yoko's invitation to make an imaginary map and really follow it plays with our intellectual faith in maps, statistics etc. and invites us to break our deliberate routines. Other flux artists have invited participants to take trips by boarding the first available vehicle anywhere, go where road signs point, flip coins to determine directions etc. John Cage loves to tell the true story about the Eskimo Indian lady who was hired to accompany a body from Alaska to it's burial in the U.S. (a pre-statehood story). After completing her job she decided to see the country so she went to the railroad ticket office to buy a ticket. Since she knew nothing of the country of little of our language she listened to the person ahead of her and bought a ticket to the same place. She continued this for some time until her money ran out in a small mid-western town where she lives to this day!

The disillusionment of the "Roaring-20s" and the chaos of the depression bound 30's set a receptive climate for the very Dada slap-stick silent movies and the Marx Brothers talkies. MILLION DOLLAR LEGS is amazing with its totally unreasonable progression (W.C. Fields and many more). It seems that we are going through a similar social period which requires similar art forms, commercials and regular programming. No movement can take care of everything nor be forever but man seems to go in waves and cycles, I'm sure these concepts will stay in the air as long as man continues to hang himself up with self-distructive empires and mental boobytraps....pardon the fly in my soup.



SNOW PIECE

Snow Piece

Take a tape of the sound of the snow falling.
This should be done in the evening.
Do not listen to the tape.
Cut it and use it as strings to tie gifts with.
Make a gift wrapper, if you wish, using the same process with a phonosheet.

DANCE PIECE FOR STAGE PERFORMANCE

Dance in pitch dark.
Ask audience to light a match if they want to see.
A person may not light more than one match.

MAP PIECE

Draw an imaginary map.
Put a goal mark on the map where you want to go.
Go walking on an actual street according to your map.
If there is no street where it should be according to the map, make one by putting the obstacles aside.
When you reach the goal, ask the name of the city and give flowers to the first person you meet.
The map must be followed exactly, or the event has to be dropped altogether.

Ask your friends to write maps.
Give your friends maps.

BODY SOUND TAPE PIECE

Make body sound tapes of different people at different times.
Of the old, young, crying, longing, excited, calm, doubtful, etc.

BUILDING PIECE FOR ORCHESTRA

Go from one room to another opening and closing each door.
Do not make any sounds.
Go from the top of the building to the bottom.

FILM SCRIPT 3

As audience to cut the part of the image on the screen that they don't like.

Supply scissors.

FLUX EVENTS

THREE BROOM EVENTS
broom
sweeping
broom sweepings

SYMPHONY NO.5, 1966
Performers do nothing.

NOTHING, 1962
Performers do nothing.

CLOTHESPIN SPRING

Performers attach inconspicuously spring type clothespins to various objects in street.

CONFRONTATION NO.3

Keep silent all day long.

INSTRUCTION

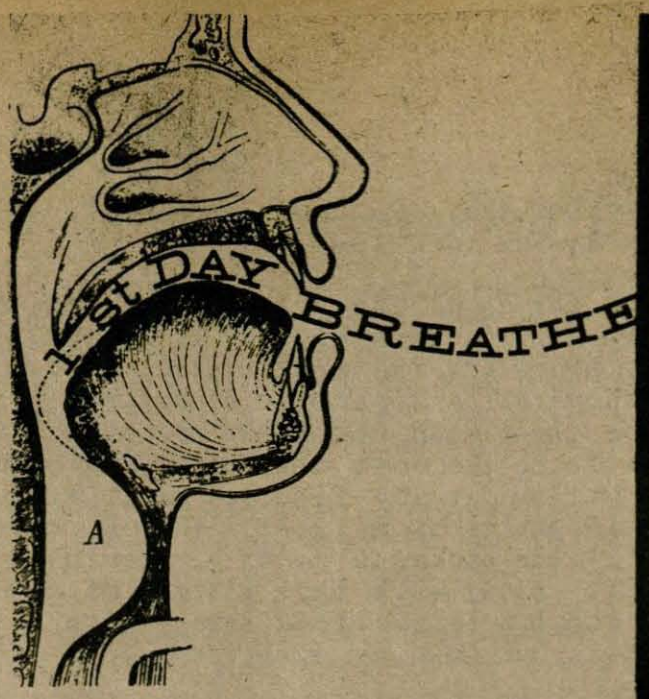
Turn on a radio. At the first sound, turn it off.

CHOICE 18, 1966

Performers show the audience to themselves by way of mirrors.

HOTEL EVENT

A hotel room is set up as a clinic where various measurements are taken of each visitor such as: head volume, mouth capacity, shoe and foot difference, finger strength, saliva production, extended tongue length, inflated cheek width, etc. Visitors to event must perform various feats before coming to the room.

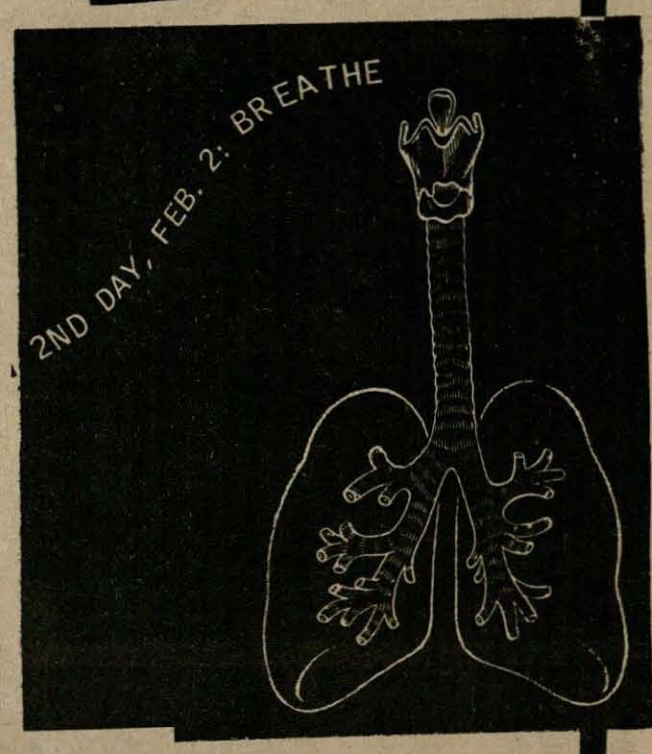




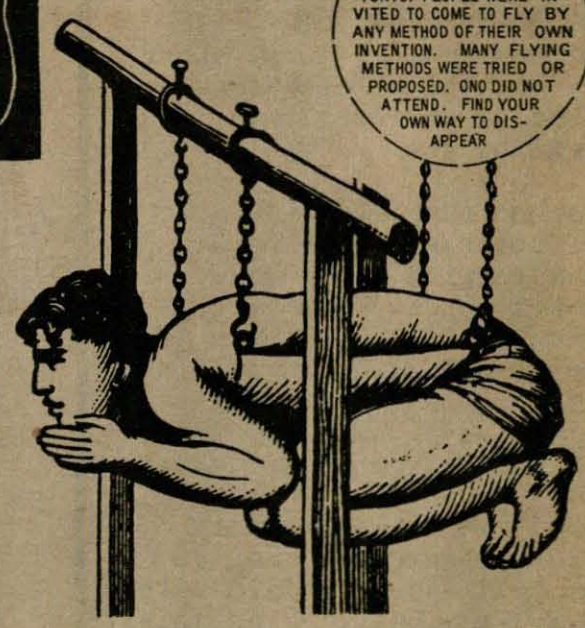


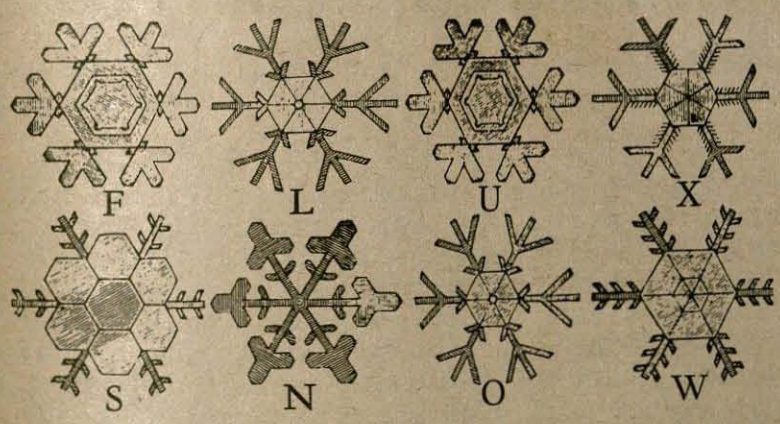
DANCE REPORT
IN THE OLD EAST THERE
WAS A DANCE IN WHICH YOUNG GIRLS
AT THE AGE OF 12 OR 13 WORE SPECIAL
INTOXICATING FLOWERS INDUCING THEM TO SLEEP
WHILE STANDING. THE GIRLS WENT ON
STANDING FOR HOURS WHILE
PEOPLE WATCHED.



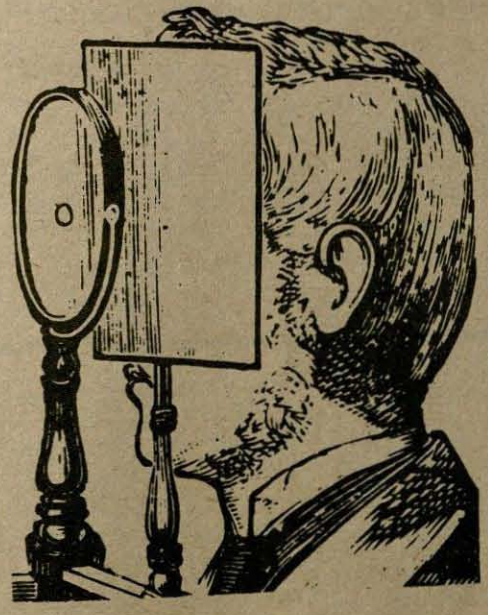


FLY
FLY EVENT TOOK PLACE ON APRIL 25TH 1964 AT NAIQUA GALLERY, TOKYO. PEOPLE WERE INVITED TO COME TO FLY BY ANY METHOD OF THEIR OWN INVENTION. MANY FLYING METHODS WERE TRIED OR PROPOSED. ONO DID NOT ATTEND. FIND YOUR OWN WAY TO DISAPPEAR



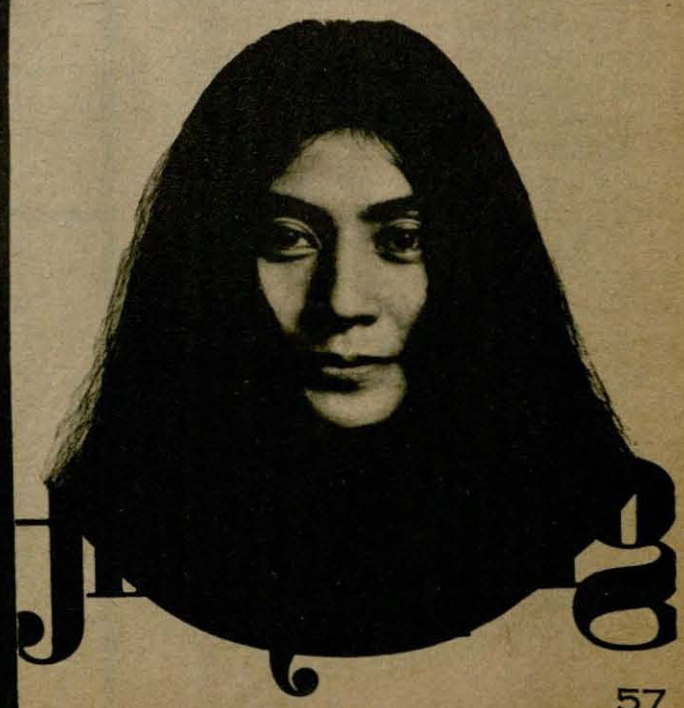






WATCH THE SKY.
DRAW A LARGE CIRCLE IN THE SKY.
LET US KNOW THE DIAMETER
OF THE CIRCLE AND/OR
THE DURATION OF
YOUR WATCH.
SEND INSTRUCTION ON FLOAT

6TH DAY
WATCH
DANCE
THE WATER
AND WATCH
FOUNTAIN
THE NEAREST
TO GO
5TH DAY
WATCH



God is so omnipresent...that God is an angel in an angel, and a stone in a stone, and a straw in a straw.

-John Donne
Sermon VII



PRESSURE COOKING SOYBEANS

The soy bean is one of the few vegetable proteins which is complete. That is, it will form good tissue since it includes all ten of the essential amino acids in exact proportion for human nutrition. Sunflower seeds and peanuts are other vegetable exceptions.

A wonderful variety of delicious loafs, burgers, soups, salads, etc. are to be made with the soybean. The major problem with the soybean has been cooking time. Most conventional cookbooks for non-cooks simply avoid them altogether. Health-oriented cookbooks praise the soybean to the skies, but when it gets down to the nitty-gritty of cooking them, they shy away with "cook until tender" leaving the novice to discover the hours involved. If you cut cooking time short, you are apt to end up with a lot of embarrassing intestinal gas.

You can completely subdue the soybean in just 45 minutes with a pressure cooker. Last year a guy tried to turn us on to its use and we withdrew, thinking it belonged with the middle ages. Most people associate them with canning and the dangers of explosion. We will get more into pressure cooking in the next issue (would like your contributions on this), but for now let's generalize and simply say they are safe, can be picked up at auctions, garage sales and junk shops for a buck, or purchased new for around $25.00. Avoid aluminum in favor of stainless steel if you have a choice. (Aluminum is considered bad by a variety of people for reasons which we will cover in a future article). Two big advantages of pressure cooking are the immense reduction in cooking time and the small amount of heat needed during the cooking period.

(continued on page 87)

THE SOYBEAN COOKBOOK *Isabelle & Bob*

by Dorothea VanGundy Jones - $1.45: ARC Books, 219 Park Ave.S, New York, New York 10003.

As far as we can see, the soybean is one of the major keys to our survival on this earth. As pollution increases in our fish-producing waters and meat-producing creatures accumulate more and more chemicals and genetic booby traps, we will - out of necessity - replace these with vegetable proteins. The soybean has already been proven to be the most concentrated and nutritious food known to man! 2 lbs of low-fat soy flour is equal to 5 lbs of boneless meat, 6 doz. eggs, 15 quarts of milk or 4 lbs of cheese! Soybeans have been nutritionally the backbone of Asia, providing meat, milk, cheese, bread and oil. Along with this history of use has developed a fine cooking art which has turned this staple into a delicate food with gourmet aspects. Our cooking experience with soybeans has been nothing but great!

THE SOYBEAN COOKBOOK is a must book. The author started publishing soy recipes when it was a World War II emergency food, and hasn't stopped her inquiry yet. There are over 350 simply presented recipes ranging through Tofu, soy flour, soy grits, soy oil, soy butter, meat replacements, spreads, soy milk & malts, coffee substitutes, soy sauce, sprouting, cereals, desserts, breads, etc. She doesn't take time for frills, but anyone with imagination can expand easily this very fertile collection.

VEGETIZED GROUND SOYBEANS - 3 tbs. oil, 2 tbs. onion, minced, 1 tbs. powdered vegetable broth or 2 vegetable boullion cubs, 1/2 to 1 cup tomato juice, 1 tbs. soy sauce or yeast extract flavoring, 3 cups cooked ground soybeans. Add minced onions to oil, and brown slightly. Add powdered broth, tomato juice, and seasoning, and cook a few minutes. Add ground soybeans, stir until well blended. Cook over medium flame until almost dry. Serves 4-6.

COOKED GROUND SOYBEANS - 1 sup dry soybeans, 1 tsp. salt, water as needed. Soak the beans overnight in enough salted water to cover them. In the morning drain and grind in food chopped, using medium knife. The ground beans resemble creamed corn and may be cooked in a pressure cooker or in an ordinary pan. For pressure cooking, add 1/2 to 1 cup water and cook 15 minutes; for ordinary pan, cook after adding 2 to 3 cups water, stirring occasionally, until soft.

SOYBURGERS - 2 eggs, 2 cups vegetized ground soybeans, 3 tbs.oil, 1 1/2 cups wheat germ, bran, or finely crushed Melba toast crumbs. Beat eggs, add vegetized soybeans, and mix in 1 cup wheat germ, bran or crumbs. Blend thoroughly. Shape as hamburgers or patties, dip in remaining wheat germ, bran or crumbs, and brown in oil. Serve with brown gravy, or tomato sauce, or make into sandwiches.

(You can add other things to soyburgers to give them additional tastes and textures. Try bean sprouts, chopped nuts, cooked or grated carrots, a dash of soy sauce, etc.)

SOYLOAF III - 2 cups soybeans, 1 medium-sized onion, 1/2 cup soy toast crumbs, 1 egg, salt as desired, 1/2 cup tomato soup, 1/2 tsp. M.S.G. (note below). Grind beans, onion and soy toast in food chopper. Beat egg and add ground ingredients. Mix well, adding salt and M.S.G. Add 1/4 cup tomato soup and pour mixture into greased loaf pan. Cover top with rest of tomato soup. Bake in moderate over 40 minutes. Serve with desired sause or gravy. Serves 4. As variations, soy or dairy milk may be used instead of tomato soup; and 1/4 cup chopped parsley or olives may be added.

(NOTE: The book was written prior to the M.S.G. alert. We would avoid using it; it's a lazy way to season foods anyway. However, originally M.S.G. was a naturally derived condiment which we would like to hear more about, if anyone cares to research for us. Soy toast can be substituted by your favorite toasted, dried bread or cracker crumbs. You can add a variety of vegetables - mushrooms, celery, spinach, carrots, etc. - in small pieces and left-over cooked grains - rice, lentils, etc. - to the loaf for variety.)

(EATING TASTY WILDINGS from page 59)

As a result I have made the taste test on this mushroom in Maine and the Maritime Provinces of Canada, including Newfoundland, and have never had any bad effects. Eash time I have gotten as far as eating an entire cap. I have never tried the stems, nor have I ever tried a serving of the cooked mushroom. Peck states that some people of Northern Asia make an intoxicating liquor from this fungus by steeping it in water. Can this be true? Eating moderate amounts of the raw mushroom does not cause intoxication. It would be interesting to try a regular serving of the mushroom once, but I think one should try the taste test on the cooked caps of the mushroom before going any further.

Nicholas Fish, M.D.

DR. FISH

EATING TASTY WILDLINGS

(REQUIRES CAREFUL TESTING OR PREVIOUS KNOWLEDGE)

Not all wild plants are edible, and some are extremely poisonous. One should be very sure what he is doing before attempting to use any part of a plant for food. The proper part of the right plant must be sollected in the right season. You must also be sure that you have completely mastered the art of recognizing the plant you are harvesting, before attempting to prepare any meals for yourself or your friends.

Failure to carry out any part of the above precautions may at best result in a very unpalatable meal. It may result in a rather unpleasant poisoning experience, or even death.

One cannot always trust the inforamtion in various popular articles on living off the land. It is a good idea to try a small portion the first time you ever try a new food. You may not like it, or it may not like you. I will never forget one experience my wife and I had when we tried a food recommended in an article appearin a well-known weekly periodical. It suggested the shoots of the Carrion flower (smilax Hebacea) as a substitute for asparagus. The young shoots do look very similar. However, they proved to have mild emetic properties. The flavor was quite good, but...!

If you are tempted to experiment with a plant because it looks so good, you think it must be good to eat, do so only with great caution. One should use the taste test. The taste test is described in some detail in THE SURVIVAL GUIDE issued by the Office of the Chief of Naval Operations, Aviation Training Division:

1. Take a small amount, the size of a pea, in your mouth, chew it, spit it out and watch for symptoms.
2. If it tastes right and there are no symptoms after 1/2 hour, go ahead and swallow a like amount.
3. If the taste is disagreeable, don't eat it. Burning, nausea, dizziness, drowsiness, bellyache, cramps or a very bitter taste may be considered warning signs. (However, grapefruit is sour and lettuce is bitter, so an unpleasant taste in itself does not mean poison.)
4. If the pea-sized bit does not bother you try a teaspoon full and continue with progressively larger quantities over a period of a couple of days until you are sure it doesn't affect you adversel

A small quantity of poisonous food is not likely to be fatal or even dangerous, although a large quantity may be. Poisonous mushrooms and water hemlock (the hemlock of Socrates) are dangerous in very small quantities. Some plants are dangerous raw, but safe after cooking. Cooking removes the poison or converts it chemically. It is conceivable, but not usual, that a plant may be safe uncooked, but poisonous cooked. In some plants one part may be edible but another part poisonous. The potato is a good example of this. The roots are a staple food, but its leaves and green sprouts contain atropine and can result in rather severe poisoning. Generally, if a plant has been eaten by wild animals, it might be edible, but you can't be sure. Give it the tast test before eating any sizeable serving. Plants with milky sap are apt to be poisonous (different alkaloids in colloidal suspension may be responsible). Milk weed and dandelions are exceptions.

Do not collect spoiled or diseased plant parts for eating purposes.

The Amanita is a genus of gilled mushroom whose poisonous qualities have been the theme of many murder mysteries. The deadly effects have been well documented by many newspaper accounts of poisonings. They have a cup or vulva at the base of the stem. The very young Amanata is enveloped by a veil which ruptures with the growth of the plant, the portion at the bottom forming a cup. The part of the veil which covers the cap remains in some species to form patches or warts which can be washed off by rain. The gills are free from the stem and form a membranous collar or ring.

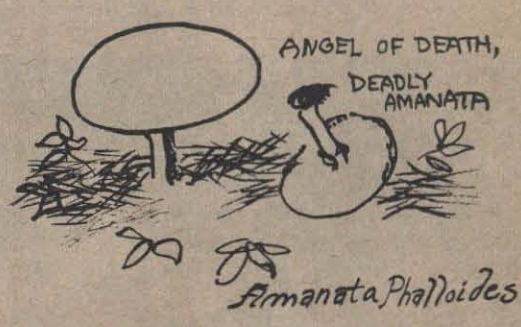
Many authors claim the entire genus is poisonous. Certainly the Amanata Phalloides or Deadly Amanata (the angel of death is very poisonous. The fact that it is pure white is undoubtedly responsible in part for it being called "angel".

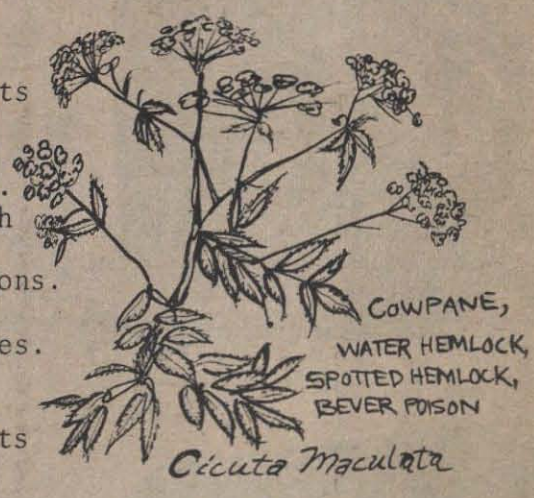
The Amanata Muscaris is also listed as poisonous in most books on mushrooms. Its common name is Fly Amanata. William Thomas reports in his FIELD BOOK OF COMMON MUSHROOMS, that the name Fly Amanata comes from the fact that the ground around the cap is often surrounded by a "circle of lifeless flies that have sipped its vicid juice from its moist surfaces and fallen victim to its virulent properties before leaving the place of their fatal repast."

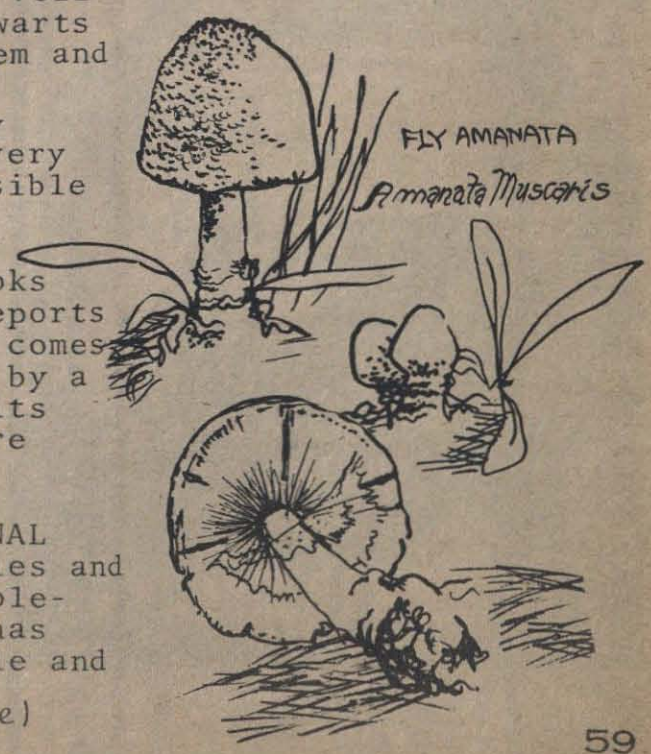
A few years ago an article appeared in the NEW ENGLAND JOURNAL OF MEDICINE that claimed the Fly Amanata had no poisonous qualities and had many properties that would make one believe it might be a wholesome food. Knowing that a great deal of inaccurate information has been written and accepted as gospel about the properties of edible and inedible plants, I became curious.

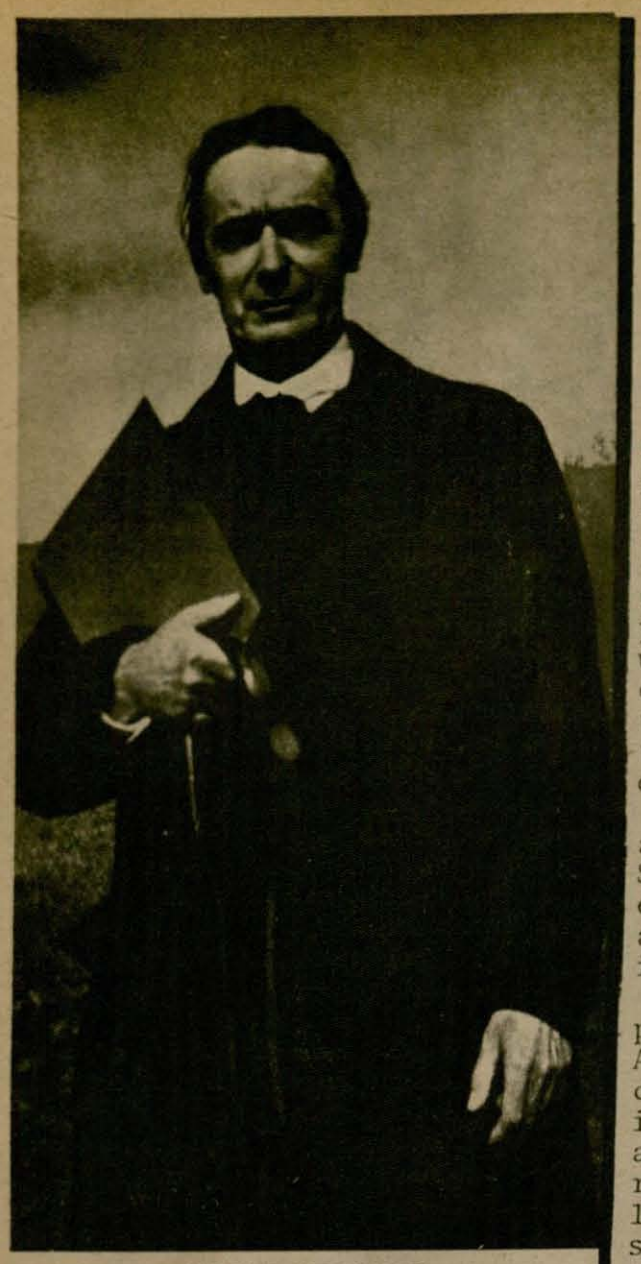
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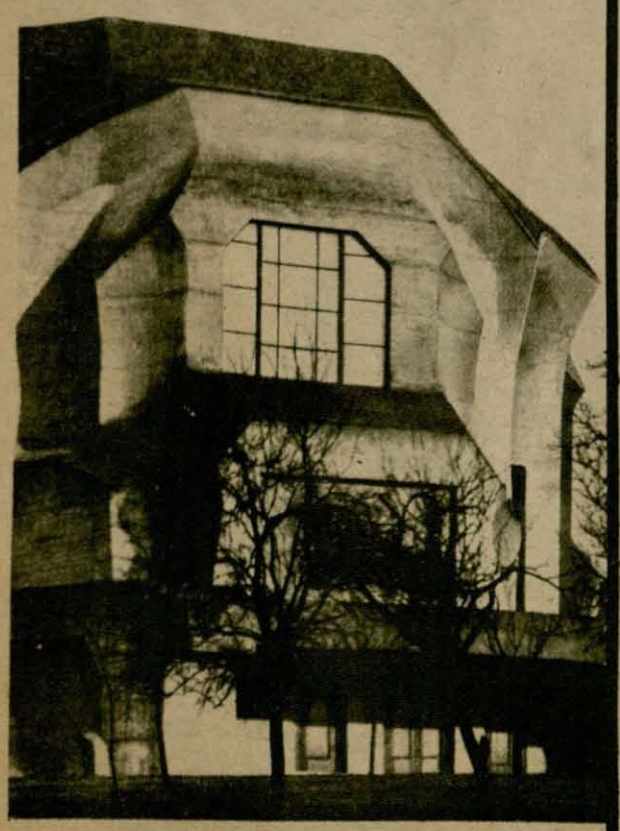




RUDOLF STEINER



EURHYTHMY



GOETHEANUM

NOTE: Bio-Dynamic Gardening (from "bios" (life) and "dynamic" (energy) is a scientific approach to organic gardening which employs, among other things, crop rotation; starters and sprays carefully selected for specific soils and vegetation; and a moon planting table. Rudolf Steiner, founder, is a fascinating head (see Whole Earth Catalogue)

A REPORT FROM THREEFOLD FARM
STEINER - ANTHROPOSOPHY - BIO-DYNAMICS

In 1924, long before the popularization and politicization of the ecology, Rudolf Steiner, founder of Anthroposophy and the Bio-Dynamic method of agriculture, stated: "Spiritual scientific knowledge must have found its way into practical life by the middle of the century if untold damage to the health of man and nature is to be avoided." He was speaking to Dr. E.E. Pfeiffer, a German-born chemist and soil scientist. Steiner died the next year, but Pfeiffer, who gave his future to Steiner's challenge, worked with the earth for nearly four more decades while the forces of science and technology seemed to be working against it. Whether or not his development of a "spiritual scientific" agriculture can help deliver us from our present global dilemma is a question provoking new interest in the Bio-Dynamic movement.

To explain what is meant by "spiritual scientific knowledge" and "Bio-Dynamic" it would help to discuss the remarkable mind, Steiner, and the point of view, Anthroposophy, from which the expressions grew. For contemporary reference we should also look at a place called Threefold Farm, a center for Anthroposophists in Spring Valley, New York, in existence since 1927.

Steiner, born in Austria in 1861, was known variously as a philosopher, scientist, educator, artist and religious leader. At an early age he was seen to be gifted in mathematics and, despite his family's modest means, received a formal education in the sciences. While officially pursuing math, natural history and chemistry, he conducted his own studies in philosophy (having read and re-read Kant's Critique of Pure Reason at 14) and followed up an interest in Goethe by editing a collection of his scientific writings and later collaborating on the standard edition of his works. Meanwhile, in addition to tutoring for a living and earning his Ph.D., he began developing what he called his faculty for spiritual perception. This led to publication of his widely-read philosophical tract, The Philosophy of Spiritual Activity, in which he claimed that spiritual awareness, or knowledge of a world of ideas above the senses, is approachable via Goethe's route of contemplative, intuitive cognition. Rejecting Kantian limits confining all knowledge to that perceived by the senses, Steiner's view held that the realm of thought is just as real as that of matter and that intense, rational thinking, once it reaches a sufficient depth, "lives within the reality of the world as a spiritual reality."

In the following versatile years he edited the Literary Journal, a Berlin-based cultural magazine that brought him into friendly contact with writers Wedekind and Scheerbarth, composers Busoni and Richard Strauss, philosopher Edward von Hartmann and scientist Ernst Haeckel. Around this time at the turn of the century, he began writing and lecturing on Nietzche, whom he had recently visited on his death bed, and eventually gave up the Journal to lecture in history at the Marxist-run Workers' Train-School (he respected the Marxists' social ideals but rejected their "emphasis on materialism"). Later, in 1902, he shocked European intelligentsia by heading the German faction of the world Theosophical Society, an occultist-spiritualist sect led by Annie Besant. Thinking people, having so recently accepted the boundaries of materialism and the authority of natural science, found it scandalous that an intellect of Steiner's esteem should acknowledge, let alone join, a society of practicing "spiritists." But for Steiner the affiliation provided, if little else, a return to the limitless world of meditative thought which, in earlier studies and writings, he had had to explore alone.

Over the next seven years he gained prominence as one of Europe's most sought after occultist lecturers, keeping his position with the Theosophists even while differing openly with the renowned Mrs. Besant. These differences, however, resulted in his break from the group and his founding of Anthroposophy in 1912. Theosophists of the day based much of their doctrine on Oriental mystical teachings, saw Christ as an incarnation of the same Supreme Being that included Buddha and others, and professed to communication with the spirit world through mediums. Steiner recognized the Oriental mystics but felt that Christ's incarnation, life and death held special significance eclipsing all the mysteries and revelations of the past and determining the way of the future. He also believed that mediumistic spiritualism was unscientific and conducive to exploitative practices.

With Anthroposophy he offered a new form of occultism, one that accepted a spirit world reachable through meditation but requiring the study and discipline of an abstract science. The word itself combines anthropos--man--and sophia--wisdom--"wisdom of man," to capsulize what Steiner defined as "a way of knowledge which undertakes to guide the spiritual in man to the spiritual in the universe." Concerning this scientific approach to spiritual knowledge, he remarked: "Just as a mathematician proceeds from thought to thought--where the unconscious mind, auto-suggestion and the like can play no part at all--so must the consciousness of the seer move on from one objective Imagination to another...

Just as in sensory perception anyone sound in mind and body can discriminate between mere fancies and real facts, so a like pow of discernment can be attained by spiritual means." To the Anthroposophical way of thinking, then, such knowledge (or clairvoyance) is no perceptual gift miraculously acquired, but wisdo hard-earned.

As founder and leader of the Anthroposophical Society, Steiner continued writing and lecturing (his published works are voluminous and his lectures number in the thousands) while establishing such programs as the Waldorf School, based on his theory of education as art, the Bio-Dynamic method of agricultu which combines natural or organic principles with the influences of science and the cosmos, and an art of movement called eurhyth essentially a physical expression of speech or music. In addition, he inspired a therapeutic system of education for defectiv and maladjusted children (now the "Camphill" movement) as well as schools of drama, speech, painting, sculpture and architectu His socio-political theories led to a proposal for a "threefold commonwealth" in which, he claimed, the three basic spheres of society--economics, politics, and the spiritual-cultural life--would exist independently, each centered in itself and serving one another indirectly. His treatise, The Threefold Social Orde dismisses utopianism as impractical ideology, offering insights-but never solutions--into the problems of modern society, stress ing the value of separate, balancing organisms as opposed to one fold social control.

At Threefold Farm in Spring Valley, (the community takes its name from the proposed commonwealth) Steiner's aesthetic influence is inescapable. The sculptured, free-flowing look of many of the buildings derives straight from his Goetheanum in Dornach, Switzerland; a curvaceous, sloping monolith which he de signed as an international headquarters for his work. On a hill top overlooking the grounds at Spring Valley stands a similarly arresting structure, painted pink and housing an auditorium, con ference room, library and biochemical research laboratory. This close coupling of art and science characterizes the atmosphere at Threefold. To the Anthroposophists who live, work, study, fa and create in the surrounding community, it is fitting that the same building that hosts performances of Steiner's Mystery Plays should also be used for investigation into the quality of soils and composts. An awareness of the relationship of all things physical and intellectual is at the root of their thinking.

The community leaders, most elderly, many of them women, seem proud of the growth and sustenance of their movement which, in Europe, suffered at the hands of religious traditionalists an was later forced underground by the Nazis. They point out that bout 70 Waldorf schools now exist throughout the world (their ow Green Meadow School being one) but are quick to inform you that Anthroposophy is taught at none. Here they take their cue from Steiner dictum which suggests that children should "come to" Anthroposophy if and when they wish to. This same principle has kept them from spreading their word except in modest, almost reticent voices; in an age when bloated "promos" are used as supplements or fillers for substance, this refreshing group refuses to campaign or proselytize.

The "spiritual scientific knowledge" that Steiner talked about in 1924, and which led us into this discussion, seems to be the abstract goal underlying most facets of the work at Three fold. In general the farm, like its counterpart centers in othe parts of the world, carries out the many-sided interests of the man who inspired it. Activities include the Fellowship Communit (a non-sectarian home for the older generation), the Green Meado School (a chartered educational foundation), conferences on education, science, agriculture and the arts, Bio-Dynamic gardens a the bio-chemical research laboratory.

The Steiner approach to education, as implemented by the Green Meadow faculty and all Waldorf Schools, seeks fundamentall to lead the child into recognition and development of his "whole ness." Steiner established the system in 1919 at the request of Emil Molt, director of the Waldorf-Astoria Company and an industrialist of rare sensitivity, in response to the need for a more complete education among Germany's culturally starved proletaria The experimental school, free to working-class children, placed great value on artistic activity. Furthermore, it encouraged th faculty to treat pedagogy as an art, each member teaching in his individual way rather than following set rules.

Today Waldorf schools emphasize close personal guidance which, in true Steinerian fashion, is threefold: The teacher lea the child through a series of ENCOUNTER (perception), EXPERIENCE (feeling) and CONCEPT (idea). The child's own nature is often the target of the engaging teacher; for example, a new animal or bird may be presented and studied by way of its relation to man. In his study the pupil is expected to personally identify or freely associate so that he experiences, hences lives his lesson. On the subject of owls (ENCOUNTER) the teacher may invite him to fantasize being one (EXPERIENCE), or he may help him to picture the owl as a type of human being. The aim is to have him imaginatively experience owlness and thereby create his own concept (CONCEPT) of what the creature is.

What ultimately separates the Waldorf method from that of, say, public schools is its disregard for speedy advancement and its constant attentiveness to the child's personality and creative faculties. The child is allowed to set his own pace while gaining the benefits of a broad range of special subjects. The recorder, for instance, is taught to all in the first grade. Knit-

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An adult center of training and research based on the work of Rudolf Steiner.

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RELATED CENTERS OF TRAINING

GREAT BRITAIN

London School of Eurythmy, Rudolf Steiner House, 35 Park Road, London N.W.1

Hawkwood College, Stroud, Gloucestershire (conference center)

SWITZERLAND

Goetheanum, Headquarters, General Anthroposophical Society. CH.4143 Dornach

GERMANY

Stuttgart: Lehrerseminar, Freie Waldorfschule Uhlandshohe, 7 Stuttgart 1.

SWEDEN

Jarna: Rudolph Steiner Seminariet, P1.1654, Jarna.

HOLAND

Land-en-Tuinboun Institut, "Warmonderhof", Warmond, bei Leiden.

USA

Waldorf Institute, Adelphi Univ., Garden City, NY11530

Waldorf Teacher Training Institute of Mercy College of Detroit, 2555 Burns Dr., Detroit, MIch. 48214

Eurythmy School, 211 Madison Ave., NY 16, N.Y.

BIO DYNAMICS

Books Available From The Rudolf Steiner Bookshop, 35 Park Rd., London, N.W.1

RUDOLF STEINER -
PHILOSOPHY OF FREEDOM
(PHILOSOPHY OF SPIRITUAL ACTIVITY)
PRACTICAL TRAINING IN THOUGHT
KNOWLEDGE OF HIGHER WORLDS AND ITS ATTAINMENT
THEOSOPHY
AN OUTLINE OF OCCULT SCIENCE
SPIRITUAL GROUND OF EDUCATION
EDUCATION AND MODERN SPIRITUAL LIFE
THE KINGDOM OF CHILDHOOD
EDUCATION OF THE CHILD IN THE LIGHT OF ANTHROPOSOPHY
THE COURSE OF MY LIFE

L.F. EDMUNDS -
RUDOLF STEINER EDUCATION - THE WALDORF IMPULSE

A.C. HARWOOD -
THE RECOVERY OF MAN IN CHILDHOOD
THE WAY OF A CHILD

OWEN BARFIELD -
ROMANTICISM COMES OF AGE
SAVING THE APPEARANCES

DR. HERMANN POPPELBAUM -
MAN AND ANIMAL
A NEW ZOOLOGY

DR. E. LEHRS -
MAN OR MATTER

DR. E. WINKLER -
MAN, THE BRIDGE BETWEEN TWO WORLDS

DR. E. E. PFEIFFER -
THE PFEIFFER GARDEN BOOK
BIO-DYNAMIC FARMING
CRYSTALLIZATION

L. & E. KOLISKO -
AGRICULTURE TOMORROW

ABOUT RUDOLF STEINER
BY A. P. SHEPHERD -
SCIENTIST OF THE INVISIBLE
THE FAITHFUL THINKER, Centenary essays by various authors

RUDOLF STEINER, Recollections by some of his pupils. (The Golden Blade 1958 special edition)

Brochure: *Rudolf Steiner, 1861-1925.*

(Not all books are necessarily in print)

Periodicals in English:
CHILD AND MAN, Educational journal published by the Steiner Schools Fellowship.
EDUCATION AS AN ART, Educational journal published by the Waldorf Schools in N. America.
STAR AND FURROW, Journal published by the Bio-Dynamic Association.
THE GOLDEN BLADE, Annual publication: "An approach to contemporary questions in the light of Anthroposophy.'

Apply to The Rudolf Steiner Bookshop, 35 Park Road, London, N.W.1.

ting, stuffing animals, bookbinding, scientific sketching, to name only some, are valued supplements to the academic curriculum. Each teacher remains with his class for the first eight years of schooling. And, in contrast to more "progressive" schools, the teacher recognizes the child's need--up through that important eighth year--for genuine authority, but one based on an intimate, non-authoritarian understanding between the two. Finally, bureaucratic tensions, ineptitudes and irrelevancies are considerably lessened by the fact that Waldorf schools are faculty-administrated.

Essential to the child's physical and spiritual growth--and the basis of eurhythmy, Steiner's art of movement--is the awakening of inner impulses which somehow defy the grasp of mere intellect. Waldorf students are taught eurhythmy, a kind of visible speech or visible song - a dance to the music of Time in which one's will is concentrated in his movement as he expresses what he hears through how it makes him feel. Through it, it is said, man's Dionysian element (his physical urge) is allowed to exercise itself while always taking direction from the Apollonian clearsight in his head: "Borne by rhythm, controlled by order, the plastic force takes hold and interprets or forms the formless element." At the same time, what lies beneath the meter or music of poetry as the living essence, or pulse, is brought out in the spatial form indicated by the movements of the dancer.

The eurhythmist believes that every letter of the alphabet, with its corresponding sound, tells us something about man. The letter a (pronounced ah) is heard as an expression of wonder, the letter i (ee) as an ego assertion. Hence he learns interpretive gestures for each vowel and consonant, and, as these are combined into words and from words into language, he learns gestures for the different moods and shades of feeling expressed in speech or poetry: merriment, sadness, despair. After long periods of study and practice he acquires a language of pure movement. Mime and facial expressions are strictly avoided, yet veils are worn to add a fluidic effect to the movement. Colors of dress are chosen to suit the mood and sounds of the poem; a poem strong in e (eh) sounds is considered tending toward the epic form, or expressing the element of thought, while those heavy with o's or u's are more apt to be lyrical and charged with feeling. The e color is green, so the eurhythmist might wear this color or a combination in veil and dress of blue and yellow to effect the green mixture when interpreting cerebral verse. Moreover, if the intent of the poem is to instruct, or impart something specific, the performer will move generally in a forward direction, asserting his knowledge; a prayerful poem, on the other hand, would call for him to walk backward in the manner of the petitioner.

The closely related "art of speech" attempts to shape and discipline the voice for powerful and articulate expression of thought. Basically, it asks of speech what eurhythmy asks of movement: to dig beneath language itself for physical and spiritual depths of communication. Breath control and conditioning of the larynx, palate and neighboring organs are essentials of craft. Once the student has mastered these, he can concentrate on the creative process which brings to life the intangible experience of language. The word, physically uttered, is sculptured in the air. The art, when the speaker lays stress and feeling to the characteristic sound (as ah in shock), conveys the imaginative essence--in this case wonder--that lies beneath the literal significance of the word.

These two arts are again best understood as parts of a threefold approach to human development and knowledge: gesture, speech, thought. They are performed throughout Europe and Great Britain by the Eurhythmy Troupe and the Speech Chorus, and are being fostered in many world centers including the headquarters of the American Anthroposophical Society in New York.

Implicit in all principal endeavors of Threefold members is evidence that their concept of epistemology is not threefold but soundly and comfortably dualistic. Traditional empiricism and spiritual awareness run like low and high roads through every field of study, each complementing the other. Knowledge gained on the level of the senses, they believe, can always be supported by that gained on a level above the senses, and vice versa. In line with this, the Steiner theory of medicine,* (follows principals of Homeopathy - see article in this issue. Ed.), which characteristically calls for a close doctor-patient relationship, stresses both the physical and intangible aspects of health, those of the body and the "inner being."

In the science of agriculture, where some of the most exciting work is being done at Spring Valley, the farmer is concerned both with visible elements, such as soil and plant life, and invisible forces, such as moon rhythms and atmospheric conditions. The idiom is organic. The ethic is ecological, emphasizing man's knowledge of the earth as a prerequisite for true understanding of himself.

The birth of Bio-Dynamics followed the manner in which many of Steiner's theories came into being. As Emil Molt had approached him in 1919 for his answers to problems in education, so, a year later, groups of farmers and scientists went to him for advice about the increasing degeneration of seed strains and cultivated plants. The most solicitous of these was Count Von Keyserlingk, a practical farmer from Germany, who set out to persuade him to deliver a course on agriculture. Steiner was busy at the time, turned down the suggestion and consequently experienced what one Threefolder called the first successful sit-in in history. The Count reportedly

sent his nephew to Dornach with instructions to "camp on Steiner's doorstep and refuse to leave without a definite commitment for the course."

The resulting ten-day course, followed by a series of consultations and lectures, concentrated on the relationship of the earth and soil to the "formative forces"--or dynamics--of nature, and presented creative new principles for treating soil, compost and plant life. From its outset, Steiner's Bio-Dynamic theory came into conflict with the orthodox chemically-minded thinking which saw plant needs solely in terms of the N-P-K factor (supply of nitrogen-phosphates-potassium-calcium). He argued that the healthy plant, besides requiring N-P-K nutrients, depends on living soil, rich in organic matter and microlife; biological pest control; plant interrelationships (companion planting); crop rotation; cover crops; and the overall influence of the cosmos as exhibited most clearly in the light (substance) and warmth (energy) supplied by the sun.

After Steiner's death an experimental circle, led by Dr. E.E. Pfeiffer, took over research and development of a system of fermented herbal "Preparations" (Series 502-507) to be added to composts as aids in activating and controlling breakdown. They are made from yarrow, dandelion, stinging nettle, camomile, oak bark and valerian and require much skill, practical experience and, of course, time before they can be handled effectively. Pfeiffer later devised a bacterial formula called Starter which contains all six Preparations, with one addition, and can be used in their place, being applied in diluted form directly to the compost.

Three important spray materials--Preparations 500, 501 and 508--also came out of Pfeiffer's biochemical research. The 500 spray (included in the Starter formula) is produced from the manure of specially fed cows and is worked thoroughly into the soil where it supports humus, root growth and seed germination. Preparation 501, made from quartz, is an extremely strong growth stimulant which is sprayed directly on the plant leaf. Preparation 508 comes from a silica-rich weed, the horsetail or scouring rush (Equisetum arvense), is also sprayed on the leaf and serves as a prophylactic against excessive moisture and fungus diseases. All nine Preparations, composed of natural, non-poisonous substances are intended generally to act as life-building hormones. Field tests and lab experiments have been conducted, and are presently available, which bear out their effects on the spape, tissue, flavor, and keeping quality of plants.

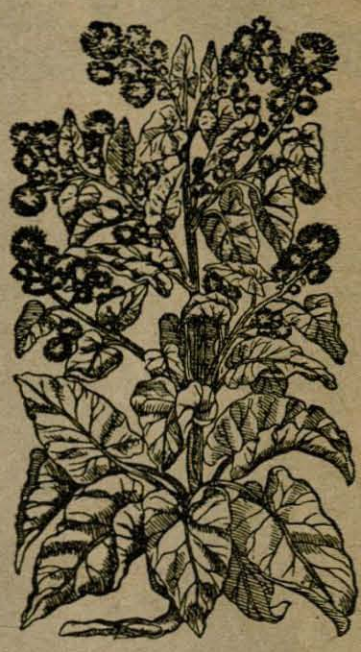
It is this scientific aspect of the Bio-Dynamic movement, with its conspicuous de-emphasis on chemical sprays and fertilizers, that distinguishes it from either organic or orthodox schools. Many Bio-Dynamic farmers have their soils, composts and produce tested for content and quality. Researchers at Threefold's biochemical lab offer such analyses for set fees. They center their testing methods on ideas initiated by Dr. Pfeiffer but also draw from conventional procedures. Meanwhile they perpetuate his innovative work in the studies of chromatography and crystallization. Filter paper chromatograms, which since the late 50's have been used by many laboratories for quantitative analysis of food nutrients and vitamins, are used at the Threefold lab--and only there--also for qualitative determinations. Pfeiffer discovered this use at the Dornach center, prior to coming here in 1933, where he had been working with chromatograms long before they appeared on the general scientific scene. Crystallizations, also introduced by Pfeiffer for judging food qualities, employ copper chloride for bringing out the "formative forces" (here life values) of materials, and purportedly work in any field of science where quality is being investigated.

Perhaps the best way to describe the Bio-Dynamic method of agriculture is to show how it elaborates on (not differs from) the standard organic procedure. Threefold practitioners explain that theirs is the only scientific approach to all the aspects of organic gardening. While the average organic gardener is likely to build his compost out of anything and everything organic, applying it to his soil when it is reasonably decomposed, the Bio-Dynamic gardener works within a more rigid system. First, according to his varied needs, he determines the specific proportions of plant materials, garbage, soil, manure, etc., that will make up his initial mixture. Soil, for instance, is usually added in the amount of 10% of the total mixture. Next he aids the process of controlled aerobic fermentation which involves letting oxygen reach all parts of the pile at all times. Sizes of solids, for example, should never exceed half an inch. His third major consideration is tht treating of his compost with Preparations or Starter (described earlier) in order to assure himself of ripened, stable humus. In short, the difference between the two approaches seem largely a matter of intensity or degree; while the organic gardener is compost-oriented, the Bio-Dynamic gardener is a compost freak.* (I don't want to short-sell any organic gardener. If my compost comparison--purposely generalized--seems to be at all unfair, say to the person following Sir Albert Howard's practices, or maybe his own, then he should also consider himself a "freak".)

Beyond this, say the Bio-Dynamic people, are the cosmic influences of light and warmth as well as moon rhythms, barometric changes and other less discernible factors which they, in actual practice, take into daily consideration. They try to interpret all the dynamic forces of the atmosphere--those that spring up out of the earth and those that filter down to meet it. They study the nature of the common toad, long appreciated as a catcher of harmful insects, and realize that in the course of a day it produces staggering amounts of adrenalin that contribute ultimately to the germination of seed. They see the soil as a mixture of



"Gobo (Burdock) is very popular in Hawaii, where they consider it an aphrodisiac. And has one thing in common with all true aphrodisiacs: it doesn't work!"



Euell Gibbons
(From Page 2)
(Cont'd on Next Page)



Burdock & Watercress









Polk - Delicious edible stalk in spring. (Poisonous berries)

Dig wild parsnips in fall.



Euell - Isabelle - Sally



mineral and chemical elements but also as a living system filled with microlife that must be nourished and maintained. And only as a last resort, and then indirectly, do they introduce inorganic fertilizers (through compost) to their soils: Such an exception occurs when a soil has been depleted of its organic content (containing less than 2%) and growth must be sustained through temporary use of inorganic fertilizers, a process that should never have to be repeated.

In concept, the Bio-Dynamic farmer applies scientific organic principles within a biologically balanced framework and takes his stand with those who work for conservation and the improvement of nutritive values in foods. He sees his farm, like the universe, as a single vital organism, made up of countless interacting parts and believes, with Goethe, that "nothing happens in living Nature that is not in relation to the whole."

ON MAKING COMPOST

Site of Pile: In shade or semi-shade to prevent sun from drying it out. If shade not practical, cover well with dirt. Near garden for convenience. It should be built on bare soil, not on vegetation. Sod should be removed to at least a foot, making a shallow pit. Deeper in warm, dry climate.

Make-up: Organic materials including kitchen garbage, lawn cuttings, garden refuse, manure, leaves, weeds, a percentage of soil, paper (shredded or crumpled), chopped stalks, straw, corn cobs...

Building Methods: Either of two. Layering. Thin layers (2 in. or less), alternating the materials in each layer; e.g., a layer of garbage, followed by one of garden refuse, followed by manure. Each can be sprinkled with diluted Starter for speed of breakdown. A little soil should be added to each layer. Mixing. Stockpiled materials which have been gathered and kept separately (usually for convenience of location) should be mixed together thoroughly, treated with soil and Starter, then placed in a pile.

Size of Pile: 5 ft. high, 12 ft. wide is maximum. Length optional. Larger piles do not let oxygen into the core of the pile. Minimum size should not be less than 1 cu. yd. if proper temperatures are to be reached through fermentation.

Heating: 120 to 140 F. degrees. This temperature is easily reached providing the pile is large enough to generate heat.

Moisture: 30 to 40% moisture content. Dry materials like dead weeds and sawdust should be moistened before being added to pile. To water the pile, poke holes in various sections (1 to 2 ft. apart) and use them as pipelines. Sprinkling water over the surface will not penetrate deep enough.

Time: Length of fermentation depends on size and type of pile, time of year, etc. If organic contents consist of well-mixed, small particles, the process-for a standard 3 to 5 cu. ft. pile--can be completed in 3 to 8 weeks.

When finished the odor should be one of freshly plowed soil, never putrid but sometimes musty. It should be dark brown to black in color, crumbly in texture.

ON MOON PLANTING

For his agriculture Steiner classifies the planets according to their relationships to certain mineral constitutents of the earth. The distant planets--those beyond the sun--including Mars, Jupiter and Saturn, are said to influence the life of plants via silicious (silicon) and kindred substances in the earth and surrounding atmosphere. The near planets, Moon, Mercury and Venus, work via limestone and its kin (potash, sodium). Plants, in order to thrive, depend on the cooperation of these two forces (those of the distant and near planets), or, expressed in terms of substances, the cooperation or equilibrium of limestone and silicon in their make-up.

The moon itself has a further function due to its unique connection with the water of the earth. According to Steiner, "water brings about the distribution of the lunar forces in the earthly realm." On days of the full moon plant growth reaches its peak, especially when rainy days have gone before. Thus, in regard to planting, he asks:

Is it not of some significance whether we sow the seed in a certain relation to the rainfall and the subsequent light of the full moon, or whether we sow it thoughtlessly at any time? Something, no doubt, will come of it even then. Nevertheless, we have to raise this question: How should we best consider the rainfall and the full moon in choosing the time to sow seed? For in certain plants, what the full moon has to do will thrive intensely after rainy days and will take place but feebly and sparingly after days of sunshine. Such things lay hidden in the old farmers' rules; they quoted a certain verse or proverb and knew what they must do. The proverbs today are outworn superstitions, and a science of these things does not yet exist; people are not yet willing enough to set to work and find it.

Dr. H. H. Koeph, soil scientist and authority on Bio-Dynamics, points out that mounting experimental evidence supports the relationship between moon rhythms and certain meteorological events as well as their effects on plants and animals.

Some good books for further reference on B-D farming:

Agriculture: Eight Lectures by Rudolf Steiner
Available at Anthroposophical Society, Rudolf Steiner Library, 211 Madison Ave., N.Y.C. 10016

All the rest are available from: The Bio-Dynamic Farming and Gardening Association, Inc., R.D. 1, Stroudsburg, Pa. 18360

The Pfeiffer Garden Book, Ed. by Alice Heckel

Compost--What It Is--How It Is Made--What It Does, by H. H. Koepf

Bio-Dynamic Sprays, by Evelyn S. Gregg

"Bio-Dynamics", a periodical (takes a scholarly, rewardingly technical approach to B-D farming and gardening, minus pictures, ads, jargon)

DDT & MOTHER'S MILK

Many nursing mothers have suffered needless anxiety about DDT in their milk because of the widespreat attention given to it through the news media. The singling out of breast milk as a source of DDT contamination has proved a most effective way of getting attention for the pollution problem. Unfortunately, the reporting of DDT in human milk is never accompanied by qualifying statements or explanations. In a letter from Dr. George Stanton of Columbus College, Georgia, he wrote: "The mothers who are panicking as a result of this information are just not thinking. Cow's milk, goat's milk, camel's milk -- they are all polluted too. The solution is not to give up nursing -- it is to fight to put the checks on this life-spoiling pollition..... If a mother nurses her baby, she doesn't add so many non-recycled cardboard cartons to the world's mess..." No ill effects have been found in babies because of DDT and breastfed babies continue to thrive healthily at the breast. This is the most reassuring fact that we have. Moreover LaLeche League International advisors continue to stress that there is no advantage to be gained by discontinuing or even curtailing the breastfeeding of babies in spite of the DDT content. There is no medical evidence that switching to formula will offer greater protection to baby.

It is helpful to realize that all who speak or write in the news media are not always qualified. Of such people, Dr. Thomas Jukes, Donner Laboratory, University of California wrote: "There are a lot of so-called scientists in this field who publish in the newspapers and on television before the results have been scrutinized by competent authorities. I would be very pleased if you will quote me on this point."

We are in touch with many competent doctors and scientists who realize that mother's milk is still the best food for their babies. We have compiled a number of statements and offer them here for your information and guidance.

If you want to do your part toward helping clean up the pollution problem, by all means continue to nurse your baby, but without delay write to your senator, congressman, and local officials and insist that they take whatever steps are necessary to protect us from continued food contamination.

LaLeche League International
Edwina Froehlich, Secretary

"Many parents are put before a difficult choice. Should they expose their child, during an important and sensitive phase of the child's development, to an unknown and high amount of organochorine pesticides, or should they deprive the child of the nutritious human milk and the warm contact with the mother, even when the possibility for a rewarding nursing is present? With our present scientific knowledge, the general advice is that the positive effects of the human milk preponderate over the negative sides of the organochlorine compounds..."

"I personally believe that human milk, when available, is superior to formula milk - and consequently the solution of the problem is not to abandon breastfeeding and human milk, but instead to decrease and eventually stop the use of DDT and similar persistent chemicals. (In addition I doubt that all the babies in the world can be supplied with formula milk - a few rich nations may afford it.)"

Dr. Goran Lofroth, Department of Radiobiology,
Institute of Biochemistry, Royal University
of Stockholm, Sweden

"To those who have asked for advice, I can only say that nursing mothers might well continue breast feeding, but minimize their DDT burden by avoiding household sprays containing DDT (or other chlorinated hydrocarbons), and by minimizing their intake of eggs and fatty meats. They might also bonbard their elected officials with demands to eliminate the use of DDT."

Charles F. Wurster, Asstant Professor
of Biological Sciences, State University
of New York at Stony Brook. February 1970.

"The nursing mother can minimize her DDT intake by avoidance of excess eggs and meat in her diet and by exercise of care in avoiding contact with homes or gardens where DDT or other 'hard' pesticides are used."

John Poorbaugh, Ph.D., Ecology Center,
Berkley, California. February 1970



LA LECHE LEAGUE

An international voluntary organization of women in favor of breast feeding and natural childbirth. There is probably a La Leche group near you. La Leche holds informative meetings, operates a lending library and sells books (The Womanly Art of Breastfeeding, in English, French, Spanish & braille (loan only). Write Mrs. John Froelich, Ex. Sec., La Leche League International, 9616 Minneapolis Ave., Franklin Park, Ill. 60131

According to La Leche:

** Breastfeeding affords the best protection your baby can have against infections and allergies.*

** "Breastfeeding is the best insurance against serious emotional problems in infants."*
J.C. Moloney M.D.

** Every mother needs a well-balanced diet. There is no nutritious food a nursing mother should avoid.*

** "The mother who nurses her baby establishes at an early date an intimacy with her child which makes further relationships with him easy and natural."*
H. Bakwin, M.D.



the good life

THREE BOOKS BY THE NEARINGS

If the present generation has spiritual parents - and of course it does - Helen and Scott Nearing must surely be among them. The Nearings, who presently spend part of the year on their Maine coast farm, are old leftists, Socialist, pacifist, vegetarians. Scott edits World Events newsletter, is a columnist for Socialist Monthly Review, and has been publishing his work for more than sixty years. An economist and social scientist, raised in a family of engineers, he took to the woods in his fifties, but not before he had fought the good fight in city and university.

He writes in MAN'S SEARCH FOR THE GOOD LIFE: "Matters came to a head in 1914-17, during the general bloodbath of that period. The author, who was teaching at the time, lost four good academic jobs in rapid succession, was excluded from the lecture platform, was eased out of the magazine field to which he had been contributing rather extensively, saw his textbooks taken from the schools, was indicted by a Federal Grand Jury on the charge that a pamphlet he had written analyzing the causes of war (The Great Madness) obstructed recruiting and enlistment in the armed forces. He was tried and acquitted by that jury, but was blacklisted by the academic world and ostracised by the shapers of public opinion. Consequently, he could not teach, speak, write or print through the established channels of communication."

In 1932, the Nearings bought a run-down farm in Winhall, Vermont where they stayed for twenty years and began their experiment in self-subsistent living. Their account of this twenty-year project, LIVING THE GOOD LIFE, has become a classic of its kind. Originally published by the Nearings (it still is), the book has recently been re-issued by Schocken Press for $4.95. LIVING THE GOOD LIFE makes for non-stop reading, is lucid as any day must be in the Nearing household, and well-made as one of their stone buildings. Considerable research was done before and during this twenty year interval. The Nearings had traveled in Asia, and ingenuities of Asiatic agriculture were not lost on them. All this results in a "How To" book of the first order. Various aspects of self-subsistent living are discussed, each in turn: How time is to be organized so there is leisure for personal activities such as reading, writing, loafing, music (Helen is a former concert pianist), as well as "bread labor", building a stone house (see Nat Worman's article, this issue); gardening (the Nearings are VERY remarkable gardeners who, in the rigorous Vermont climate, manage to enjoy fresh home-grown vegetables year round); food (raw for the most part); cash income (they ran a small maple sugar business and give a full account of it in THE MAPLE SUGAR BOOK); living in a community (apparently they made friends but converted nobody), and finally, "A balance sheet of the Vermont Project." I can't imagine anyone finishing this persuasive account and not entertaining fantasies of how it would be if .....

For three winters between 1952 and 1955, the Nearings toured the country - or "Darkest America", as they call it in USA TODAY. Their avowed purpose was to gauge the political atmosphere in the country at large and conduct an experiment in adult education. They lectured, met people, distributed literature. The latter paid for their expenses. The early fifties, with McCarthy a dominant figure, were indeed a time of darkest America. The few intellectuals who had the termerity to meet with the Nearings in the small towns they visited, did so behind drawn curtains and with the greatest of secrecy. This was the time of the "silent generation" of college students; when it was better to become a plumber or a peddlar in order to maintain a shred of intellectual freedom. Controversial issues and personalities were avoided. The oligarchy, the power-seizing minority, was in control, attempting to conserve what remained of the culture pattern, and, as Nearing saw it, the United States was linked to a pattern of fascism unfolding in various parts of Europe and Asia as well as in North America.

Section III of the book, which is by far the most useful, traces out the extent to which this oligarchy controls foreign and domestic policy and the social forces which in turn influence the oligarchy. These forces include industrialization, nationalism, collective unity, mechanized warfare and the area in which world power has been and is being distributed.

The Nearings' outlook is benign and optimistic: man is basically good; the tide of militarism and repression will turn. The book as a whole bears the virtues and weaknesses of radical literature: presentation is straightforward, unencumbered with philosophical subtlety. Intended, as the journey itself, as an experiment in adult education, it accomplishes what it sets out to do. Other than the opening sections, which are somewhat pedestrian, there is much to recommend it.



GOAT MILK

1. Contains 10 times the iron of cows milk.

2. Has an alkalinizing effect on the stomach, induces healing (particularly in the case of stomach ulcers), and neutralizes overacidity.

3. The minute fat particles in goats milk are so emulsified that even a weakened stomach can digest it in 20 - 30 minutes. This reduces the tendency to vomit.

4. Goats milk is the nearest natural milk to mothers milk. It is invaluable as a food for babies and effective in the treatment of eczema and colic.

5. TB in goats milk (particularly from medically certified goats) is all but unheard of. Since it is not necessary to pasteurize goats milk, its vitamins are undestroyed.



communal comunication

Three periodicals represent the three major areas of communal interest in this country. The East Coast's political bias is reflected in the School of Living (founded in the 30's) and its newspaper THE GREEN REVOLUTION ($4 year) Rt. 1, Box 129, Freeland, Md. 21053. The casual, unprogrammed West Coast with its relatively short-lived havens has no publication. However, THE MODERN UTOPIAN, Drawer A, San Francisco, Ca. 94131, includes them in its national orientation. $2 will purchase their directory of communes. New Mexico's new culture is inventive, interested in structure and visible. The monthly FOUNTAIN OF LIGHT ($3 year) reflects this in its coverage of Lama, New Buffalo, Drop City, Libre, Reality Construction, Hog Farm, etc.

VOCATIONS FOR SOCIAL CHANGE, CANYON, CA. 94516

Vocations for Social Change is a decentralized clearing house for persons struggling with one basic question: How can people earn a living in America and insure their social impact is going to effect the basic humanistic change in our social, political and economic institutions? Nobody has the "real answers" to this question, but many ideas are being developed out of people's experiences. VSC helps make these ideas available to the general public so that each person's individual search can be enriched.

Job openings are listed as well as new project proposals that need help getting started. Descriptions of places you learn more about social action from, etc. Sample copy by donation.



There's a group of eight people working together in Atlanta in "The Morning Star Inn" - organic, vegetarian, macrobiotic. The food is great, cost is low, servings are plentiful, and the atmosphere's friendly and healthy.

There's also a food co-op called Cornucopia in Atlanta.

Shalom,
Duncan Cottrell

CONSCIENCE OF A RADICAL published by the Social Science Institute, Harborside, Maine, was published in 1965 and written, "especially for those born since 1945, and who, according to life expectancy tables should be alive in 2020 of the present calendar -"

This is essentially a handbook for people under thirty which sets out to explain the ideals and goals of a radical politic. And in part, it seems a summing up of a lifetime commitment to "The Good Life" as Nearing understands and attempts to live it. The sweep is broad, encompassing an entire planet, and the outline of a world order is suggested rather than drawn in detail. The book is firmly organized, and Nearing's tendency to list cause, effect, idea, etc. (ergo: Seven Roadblocks to the Good Life in one chapter head) reminds one of a college outline. The virtue of this presentation is that an idea can be quickly grasped and noted; however, the method also lends itself to oversimplification. The book would be very suitable for classroom use - in conjunction with other works.

SCOPE
STUDENTS COUNCIL ON POLLUTION & ENVIRONMENT

John E. Dunwoody
Students for Environmental Control
University of Illinois YMCA
1001 South Wright Street
Champaign, Illinois 61820
217/344-1351

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Students for Environmental Control
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Robert Bannister
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- or -
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Biology Department
SUNY - Brockport
Brockport, New York 14420
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John Shiner
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Environmental Protection Agency
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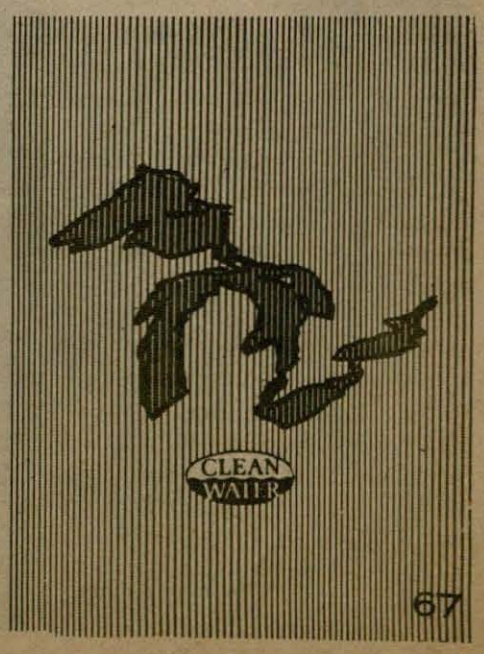
William L. Fleming
Fran-Mar Farms
342 Richmond Road
Richmond Heights, Ohio 44143
216/261-7830

Roy M. Harsch
421 S. Dodge
Iowa City, Iowa 52240
319/338-8900

Dennis Sustare
2334 Chalet Gardens Road, Apt. 4
Madison Wisconsin 53711
608/271-8331
- or -
Environmental Students Association
458 Birge Hall, Univ. of Wisconsin
Madison, Wisconsin
608/262-2760

Dave Whipple
423 East Holden Hall
Michigan State University
East Lansing, Michigan 48823
517/353-4178

Dawn Nelson
813 E. 21st Street
Minneapolis, Minnesota
612/338-8103









THIS SAND COLORED DWELLING IS THE WORK OF ARTIST BOB SCHULLER WHO INITIALLY STUCK TALL BRANCHES INTO THE GROUND IN A CIRCULAR MANNER, TIEING THEM AT THE TOP. A PARACHUTE WAS DRAPED OVER THE WHOLE STRUCTURE AND FOAM PLASTIC SPRAYED OVER THAT, INCLUDING THE FLOOR, PROVIDING A WELL INSULATED SPACE EASILY HEATED AND DRY. COST $400.



To vary the setting, here is an Alabama recipe for Sweet Potato Pie, from Terri Bush, co-director, with June Jordan, of "The Voice of the Children," Inc., a writing group of Brooklyn teenagers whose book, The Voice of the Children, was published this fall by Holt, Rinehart, and Winston.

SWEET POTATO PIE

2 medium-size sweet potatoes or yams, boiled and mashed
1 tsp. each cinnamon, allspice, nutmeg
1 tsp. vanilla flavoring
dash salt
1/3 cup honey or molasses
3/4 cup milk
1/4 cup melted butter
1 Tbs. wheat germ
1 9" pie-shell, unbaked (see below)

PIE CRUST

Everyone has a favorite recipe for and style of making pie crust. Here is the basic recipe for a two-crust pie; cut it in half for Sweet Potato Pie and other one crust pies.

2 cups whole wheat pastry flour, or (for main-dish pies)-
1 cup whole wheat pastry flour and 1 cup muffin meal
1 tsp. salt
2/3 cup shortening (a solid vegetable shortening)
1/4 cup cold water

Sift flour and salt together. Cut in shortening with pastry cutter, wire beater, knife or fingers. Add water gradually. Work dough into two balls. Chill for about half an hour, then roll thin on a floured surface. (In rolling dough, it's good to flour everything--rolling pin, board, and hands. This is expecially true with whole wheat flours.)

FOR YOUNG CHILDREN...

Light, simple desserts are really good. And you can stick to a few favorites, like applesauce and custard. Homemade applesauce is not hard to make, and smells fantastic while it's cooking.

APPLESAUCE

Cooking apples, sliced but not peeled.
*About 1/4 cup honey for every four apples**
cinnamon, nutmeg, allspice, cloves, cardamon. (Use a combination you like)

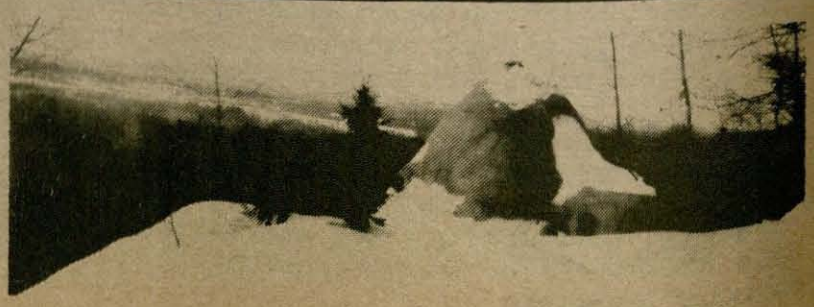
Cover apples with water, add honey and spices. Let water come to a boil, then simmer gently 'til done (about 45 mins. to an hour) Sieve through food mill. An almost perfect food anytime, any age.

*Note: sweetness and strength of honey vary with the type used. For cooking and baking, especially for desserts, acacia and black locust honey are light and flavorful. Buckwheat honey is very strong and dark, and can be used in some breads. Clover honey is quite sweet, so use it sparingly. Follow your own taste; do some reserach, and then experiment!

BAKED CUSTARD

1/3 cup honey (use a light honey, like acacia, black locust or tupelo)
dash salt
2 tsps. vanilla
dash cinnamon and nutmeg
7 eggs
1/2 cup cold milk
4 cups hot milk

Combine honey, salt and vanilla, mixing well.
Add eggs and spices, beat lightly.
Stir in cold milk, then hot milk, gradually, and mix well.
Bake in a 1-1/2 quart casserole for about 1-1/2 hours, or in smaller custard cups for an hour or so.
Makes 12 servings.
It is best to place custard cups or casserole in a pan or warm water in the oven (350°)

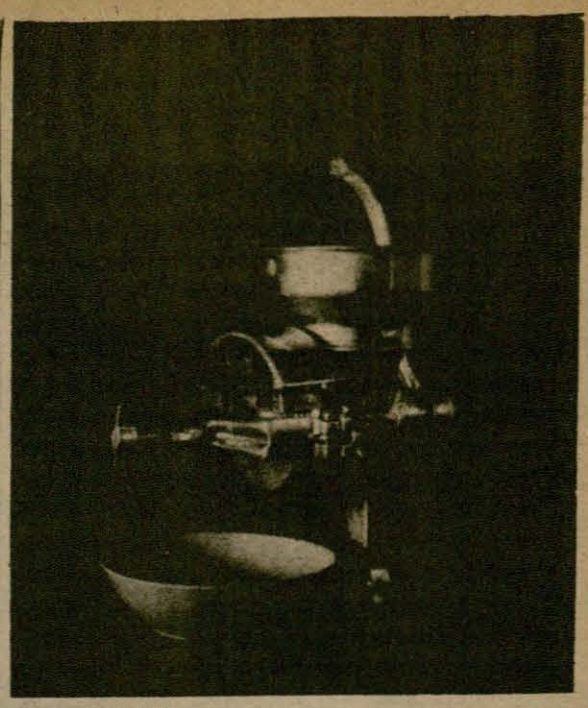


GRAIN GRINDING

Grind your breakfast cereal and baking flour at home just before use for the maximum nutrition. A. Vitamins and oils are lost quickly after the grain has been ground. B. Home grinding gives you the complete grain. According to the N.Y. Times, Aug. 22, 1970, "The milling of wheat into refined flour removes 40% of the chromium, 86% of the manganese, 76% of the iron, 89% of the cobalt, 68% of the copper, 78% of the zinc and 48% of the molybdenum, all trace elements essential for life and health," (Dr. Henry A. Schroeder of the Dartmouth Medical School).

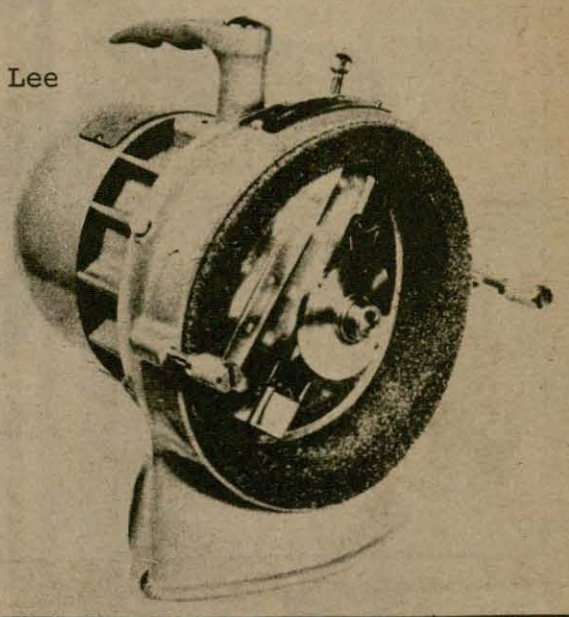
Grain can be ground in a simple electric coffee mill or better yet order a CORONA HAND MILL for $10.95 post paid from: Smithfield Implement Co., 99 N. Mark St., Smithfield, Utah 84335. We use ours regularly with satisfaction; two grindings will give you a pretty fair flour. One grind gives excellent oatmeal in a few seconds.

With electric mills you have to avoid heat which also destroys vitamins. Lee Engineering Co., 2023 West Wisconsin Ave., Milwaukee, Wisc. 53201, offers low heat stone grinding mills from $95 to $170.



Corona Hand Mill

Lee



WILD RICE

Wild rice, an annual grass which relies on seed to propagate each year, grows in shallow water only (no more than 4 ft. deep), in slow-moving rivers and streams and on the shores of some lakes. The seeds drop into the water, which creates next year's crop. Usually, in natural stands or well-established planted stands, there are enough of these seeds dropping to insure a good crop for the following year. Other water plants are often crowded out by the density of a good stand, and harvesting is often impeded for this reason also.

PLANTING: The seed used must be fresh and, of course, living. Gather the seed in early September or buy it from a dealer. It has to be planted immediately or it may lose its viability. Cannot be stored over the winter in a dry place, although certain dealers store it under cool and wet conditions for availability in the spring.

The procedure is simply to cast the seed into the water wherever it is supposed to grow. The kernels sink and bury themselves in the mud, if they are full. If the seeds are empty, they just float away. Some years have a higher percentage of unfilled seeds than others. The casting should be done over a wide range from a canoe or rowboat. It is preferable to do the casting from a boat, although it can be done from the shore by rolling the seed into mud balls and tossing them into the water.

In the beginning, about 20 pounds of seed are required per acre of water surface. The plants will appear in the first year and will flower and produce enough to create a denser growth the year, if conditions are right. From then on, the stand will propagate itself.

CHARACTERISTICS: The seed sprouts in the spring and the first signs are soft leaves which float on the surface of the water. Shortly, vertical stems which are well rooted in the bottom grow up above the surface to from 2 to 7 feet high, the height being dependent on conditions and the particular type of seed. In August, flowering begins and in late August and early September, seeds begin to ripen. Each plant only produces a few seeds which fall as they ripen. Harvesting , therefore, cannot be done all at one time.

The seed kernel varies from ½" to 1", which is wrapped up in a firm hull, with a long rough bristle at the tip. The kernel appears greenish brown when ripe, which changes to dark brown or black upon drying. The kernel itself has a rubbery consistency.

In preparation for eating, the grains are roasted, then the hulls threshed and cleaned by winnowing.

PLANTING LOCATION: Wild rice seems to prefer a soft muddy bottom and therefore is well suited to shallows or just below sandbars. Areas which are protected like little bays and niches are suitable, preferably beyond the cattails and among the lilies. Deltas and openings are good as long as the current is not too rapid. Areas where the current is strong or waves occur are unlikely. It does not grow well where there are overhanging trees or other dense marshy growth. Salt water marshes and small bog-margined lakes are also not satisfactory.

SOURCES OF WILDRICE SEED

Dr. J. P. Moyle
Minnesota Dep. of
Conservation
St. Paul, Minn. 55101

Wild Life Nurseries
P. O. Box 399
Oshkosh, Wisconsin 54901

FOR COMMERICAL GROWING
INFORMATION CONTACT:

California Co-operative
Rice Research Foundations,
Inc.
Rice Experiment Station
B. O. Box 306
Biggs, California 95917

Personal ecology

A pamphlet, on Do-It-Yourself-Ecology, is available for 25 cents per copy from Environmental Action, Inc., 2000 P Street, N. W. (Room 200), Washington, D. C. 20036.





フキ (Fuki)

Petasites japonica Miq.

sweet coltsfoot

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Order by name and number. Make checks payable to Brooklyn Botanic Garden
1000 Washington Avenue, Brooklyn, New York 11225

JAPANESE HERBS AND THEIR USES $1.25 Brooklyn Botanic Garden, 1000 Washington Avenue, Brooklyn, NY 11225.

Most traditional Japanese life-arts are noted for their multi-level dimenstions and herb gardening is right in there. As usual, the Brooklyn Botanic Garden pulled together a fine survey of this sensibility as it still is preserved among other historic treasures in Japan. If you are thinking about developing your herb patch into a "place", get this handbook, which also covers culinary and medicinal herbs, cooking chrysanthemums and flower arrangements with herbs, etc.

Fish-Seaweed-Chrysanthemym Soup

Gently simmer seaweed and bonito fish to make a soup. Serve the soup with briefly boiled chrysanthemym florets floating on the surface.

Aster Flower Greens

Aster yomena grows 1 to 2 feet high, with lanceoleate leaves and daisy-like purple flowers. After being slightly boiled, the aromatic young leaves are used in salads or as fried greens.

Fried Herbs (Tempura)

Young leaves of chrysanthemum.	1 egg
Young roots of common ginger.	1 cup water
Young blossom shoots of Mioga ginger.	1.3 to 1.5 cups flour
Leaves of perilla.	

Lightly mix ingredients together. The oil should be rice oil, salad oil or soybean oil - that is vegetable oil. (corn oil, safflower or other oil without preservatives -ed) Heat oil until very hot, between 300-350° F. Reverse sides only of perilla and chrysanthemum leaves are dipped in the batter and fried very quickly until crisp. (Try this with elderberry blossoms - ed)

The ginger roots, with a small section of stalk attached, are cut lengthwise. Dip the stalks in batter and fry. Shoots of Mioga ginger are also sliced lengthwise, dipped in batter and fried.

These herbs are added to shrimp or fish tempura dishes and eaten with salt or shoya (soy sauce).



HOMESTEADING

NLS suggests the following publications:

COUNTRYSIDE, published 6 times a year ($3 year) at 318 Waterloo Rd., Marshall Wis. 53559. Favors very practical information with a flair for invention. "No polyanna crap" just sensible contemporary judgement. The Feb.-March '71 issue gives an overview of water starting with ice (6 inches of sawdust will keep ice during ths summer), digging a well, cisterns, rain traps, springs & sand filters. Power from the sun is also covered along with sourdough, homebrew and vinegar guides. Editor Jerome Belanger thinks rabbit raising is a good bet for homesteading survival.

DAIRY GOAT GUIDE, published 10 times a year (sub. $3) at 318 Waterloo Rd., Marshall Wis. 53559, has three editors all devoted to goats, so is the magazine. It's first issue just out contains: portrait of a dairy, why register a goat, a nice story about 70 acres called "Cloud 8", buying a goat, record keeping for the small goat herd and how to build a goat cart.

THE MOTHER EARTH NEWS, published at 1475 Chapman Road, North Madison, Ohio, 44057 (bi-monthly year sub. $5). "Edited by, and expressly for, today's influential "hip" young adults. The creative people. The doers. The ones who make it all happen. Heavy emphasis is placed on alternative life styles, ecology, working with nature and doing more with less." Editor John Shuttleworth's statement says it pretty well. We visited *MOTHER* last November just briefly in the middle of their move to a workable office space. After living with *MOTHER* spread all over their tiny house for a year. *MOTHER* is a full time activity for John, Jane, Dolly, Kriss and friends. They do a good job.

Contents of issue #6 include: how to finance a farm, Buckminster Fuller's World Game, free schools and intentional communities, the owner-built home and homestead, build your own potter's wheel, the fine art of trashmongering, build your own rabbit hutch, Canadian immigration, organic gardening, domebook one, etc.

CANADIAN WHOLE EARTH ALMANAC ($3 per issue, $9 per year), 341 Bloor St. West, Box 6, Toronto 181, Ontario, Canada. A well-designed follow-up to the *WHOLE EARTH CATALOG*. Fall, 1970 is devoted to food. As with W.E.C. it is a composite of book reviews, source notes and contributions from the readership, usually letters with a variety of information. If you live in Canada, it's a must as it lists Canadian sources for a variety of necessary things. The Winter issue is devoted to shelter.

WOOD HEAT QUARTERLY ($2 per year, quarterly) Lowther Press. RD 1, Wolcott, Vt. 05680 Goes right after the matter with material involving hard work and the simple existence. Issue #1 deals with land purchase, food, clothing & shelter, clearing a pasture, soil care, lighting, muels and a little poetry and philosophy.

HANDBOOK ON HERBS $1.00 - Brooklyn Botanic Garden

The Botanic Garden features two herb gardens. This dictionary of herbs is intended to help answer visitors' questions with photographs and carefully selected factual material. It's precise, efficient, and fine for basic identification and general knowledge. Doesn't get into specific cooking or wild gathering. It's limited to 20 herbs with extended information on mints, geraniums and gardening.



Buhle

Calendula flowers.

Calendula, Pot Marigold
(Calendula officinalis)

A decorative annual, often grown in flower gardens. It grows from 1 to 2 feet tall, and has flat, round, many rayed, yellow to orange flower heads.

Use: The petals of the flowers impart their yellow color and a subtle aromatic flavor to foods with which they are cooked. A tincture was formerly used in medicine.

Horticultural Use: Much prized for the brilliance of the blossoms.

Culture: Easily raised from seed after danger from frost is over. Will self-sow Does best in bright sun.

Harvesting: The flowers are cut when fully open and the "petals" (actually florets) separated and dried in a shady place.



Roche

Whorled leaves and white flowers of woodruff.

Sweet Woodruff
(Asperula odorata)

Low, spreading plant forming clumps about 8 inches high. The slender leaves are borne in starry whorls; the flowers are very small and white, in loose clusters. The plant when crushed and especially when dried has a sweet scent of new-mown hay and vanilla.

Use: The most famous use is for flavoring the German May-wine, and it can be used in other drinks.

Horticultural Use: Woodruff makes a charming ground cover under taller plants.

Culture: Can be grown as a perennial if winters are not too severe. In cold climates plants may be kept indoors or in cold frame over winter. Will thrive in half-shaded places.

Harvesting: Plants are harvested and dried in spring, wh fragrance is strongest.

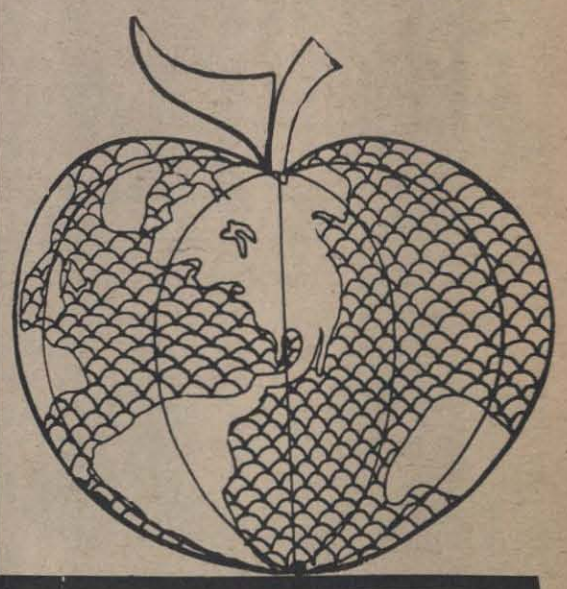
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SISTER AMELIA'S STUFFED ONIONS
North Union Shaker Village, Ohio
6 large sweet onions
1 cup finely chopped veal or chicken
1 cup minced celery
1 tsp. salt
1/8 tsp. pepper
2 tbl. heavy cream
Stock
1 tbl. butter
Skin onions and boil whole in saucepan for 10 minutes. Core out centers for stuffing. Make dressing of finely chopped veal or chicken, celery, seasoning, and cream; stuff in onions. Place in buttered baking dish, moisten with stock and dot with butter. Bake in medium 350° F. oven for 20 minutes. (This is a good way to use up soup meat; additional seasoning and herbs should be added to soup meats when so utilized because some flavor may have cooked out.) Serves 6.

HERB DUMPLINGS AND PARSLEY DUMPLINGS
Mary Whitcher's Shaker Housekeeper
2 cups flour, sifted
4 tsp. baking powder
1 tsp. salt
2 eggs
3/4 cup milk (about)
2 tbl. melted butter
2 cups chicken or beef stock or water (stock is better)
1 tbl. chopped fresh parsley or
1 tbl. mixed chopped fresh herbs (tarragon, basil, thyme, rosemary-mixed or singly) If using dried herbs, reduce by half
Sift flour with baking powder and salt. Break eggs into cup and fill with milk; add butter. Beat well and mix into dry ingredients. Add parsley or herbs and mix well. Heat stock in a 12" skillet and bring to a boil. Dip spoon into stock, then into dough, and drop into stock. Do not cook too many at a time; dumplings must not touch. Cover tightly and cook 2 minutes. Turn dumplings and cook 2 minutes longer. Serve very hot.

CARROT MARMALADE
Sabbathday Lake Shaker Village
3 cups pared chopped cooked carrots
2 tbl. grated lemon rind
1/3 cup lemon juice
3 tbl. grated orange rind
1/2 cup orange juice
6 cups sugar
Combine all ingredients in large saucepan. Cook slowly 45 minutes or until it jells on spoon. Skim, pour into sterilized containers; seal. Makes about 1 quart.

THE AMERICAN UTOPIANS

THE COMMUNISTIC SOCIETIES OF THE UNITED STATES by Charles Nordhoff ($2.45) Schocken Books, 67 Park Ave., New York, N.Y. 10016. Written in the middle of the 19th century as the author visited a variety of idealistic communities throughout the country. He found these communities which practiced an intensive and disciplined common life because of their religious beliefs in various stages of growth. The Aman (Iowa) community of "Inspirationists" had by 1874 grown to 1450 members, owned 25,000 acres of land which it lived on in seven different small towns with saw and grist mills, tannery, woolen-mill, etc. Its sense for industry kept Amana active well into this century. The Harmony Society at Economy, Pa., was on the verge of complacent extinction by this time. There were few children in the well-kept town of now comfortable means, the society's assets were reported to be about three million dollars. Members had long ago renounced materialism, they never had once asked for an accounting from their leaders. They had also mutually agreed to be more brothers and sisters than husbands and wives to one another. The result was an apparently very happy group of now elderly people enjoying excellent health, free of strees and in communication with their God. When asked who would inherit their holdings when they were gone, they would only pleasantly reply, "God will provide". The author covers 10 communist groups including the Shakers and three non-communistic colonies all within the United States. Anyone considering a major group venture should include this in their preparation.

THE BEST OF SHAKER COOKING by Amy Bess Miller and Persis Fuller ($10) The MacMillan Co., 866 Third Ave., N.Y., N.Y. 10022. Evolved out of an almost Spartan existence, Shaker cooking has a lovely sense of controlled poetry. Vegetarianism was promoted and for ten years (1837-47) there was a ban on meat. Many fine "bloodless" meals were created as a result. The Shakers discovered "that their abundant diet of grains, vegetables, fruits, eggs and milk products answered every physiological need as well as satisfying the conscience of the consumer".

Since the Shakers lived as a community of one family which ate and worked together, their cooks had the responsibility of preparing quantity meals with taste. The community builders responded with first-rate kitchens, recognizing the correlation between happy cooks and good food.

There are still two active Shaker communities surviving in Canterbury, New Hampshire and Sabbathday Lake, Maine, compared to the original 18 communities, 13 of which continued past 1900. The Shaker Community, Inc. at Hancock, Mass. has operated Hancock Shaker Village as a living museum since 1960 and features Shaker Kitchen Festivals during the summer which the authors are active in.

"Shaker origins can be traced to the French prophets, or Camisards, from Nantes in France, whence they fled after the Edict of Nantes. Their culinary habits include the use of unusual spices and savory herbs to enhance the flavor of foods. As a result, their cuisine was a greatly sophisticated one for nineteenth-century America and was important in the development of American cooking." So says the publisher's introduction. We found quite a few good ideas, including the four reproduced here.

BOB



THE DINING ROOM OF THE NORTH FAMILY



MAP SHOWING LOCATION OF COMMUNISTIC SOCIETIES.

CUCUMBERS COOKED WITH MINT
Hancock Shaker Village
3 medium cucumbers
4 tbl. butter
2 tbl. flour
1 egg yolk
¼ cup heavy cream

2 tbl. finely chopped fresh mint
Peel cucumbers and slice 1" thick. Barely cover with water and bring to a boil. Drain and reserve stock. Melt butter in saucepan, add flour, cook 1 minute. Stir until smooth and gradually add 1 cup of cucumber liquor. Stir and bring to a boil. Add cucumbers, salt, and pepper and cook until they are tender, about 15 minutes. Mix egg yolk and cream; turn off heat and add to the cucumbers. Add mint. Blend carefully. Serves 4-6.

A GARDEN OF HERBS by Eleanour Sinclair Rohde - $2.50 - Dover Publications, Inc., 180 Varick St., N.Y., N.Y. 10014

Most of the recipes are taken from old English herbals, dating primarily from the 1600 and 1700's. Deals with most aspects of herb gardening and use for food, drink and wine. Good for fine tuning an old-fashioned "erb" garden.

Daisy roots are still eaten by the Italian and Spanish peasants, and formerly the young leaves were an ordinary ingredient in our salads.

To make Mallow stalks pass for green peas - peel the stalks and cut them in a skillet with pepper tied up in a rag, boil them with a quick fire, draim them in a cullender, and dress them like peas with butter, pepper and salt....

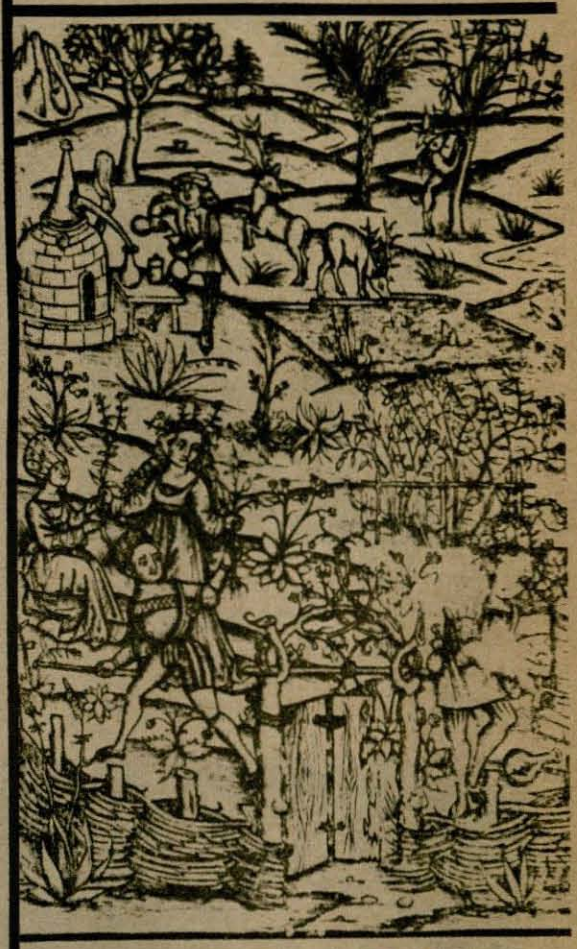
TO MAKE VINEGAR OF ROSES - In the summertime when roses blowe, gather them, ere they be full spred or flowne out, and in drie weather, pluck the leaves, let them lie half a day upon a faire borde, then have a vessel with vinegar of one or two gallons (if you will make so much Roset), put therein a great quantitie of ye said leaves, stop the vessel close after you have styrred them wel together, let it stand a day and a night, then divide your Vinegar and Rose leaves together in two parts, put them in two great glasses, set them upon a shelfe under a wall side, on the south side without your house, where the sunne maye come to them the most part of the day let them stand there all the whole summer longe; and then straine out the rose leaves and put in new leaves of half a dayes gathering theVinegar will have the more favour and odour of the Rose.

You may use in steade of Vinegar Wine that it may wax agre and receive the virtue of the Roses, both at once. Moreover you make your Vinegar of Wine, white, red or claret. This is Vinegar Roset. John Partridge, The Treasurie of Hidden Secrets and Commodious Conceits, 1586.

GINGER WINE - Ten gallons of water, sixteen pounds of lump sugar, five pounds raisins, the whites of six eggs well beaten, mix cold and then boil skimming well. Add one and a half pounds bruised white ginger. Boil 20 minutes. Take the thinly peeled rinds of seven lemons and pour the liquor on to them. When cold tun with two spoonsfuls of yeast. Pour into the barrel the next day, stop it up, and in three weeks bottle. It will be ready for use in three months. March is said to be the best month for making ginger wine.

MUM - Take 32 gallons of water, boil it till a third part is wasted, brew it according to Art with 3 1/2 bushels of Malt, 1/2 bushel of ground beans, 1/2 bushel of oatmeal. When you pit it into your Cask do not fill it too full and when it begine to work, put in a pound and a half of the inner rind of fir, 1/2 pound of tops of Fire and Birch instead of the inward Rind. Our English Mum-makers use Sassafras and ginger, the Rind of Walnut Tree, Elecampane Root, Water Cresse, and Horse Radish Root rasp's, Betony, Burnet, Marjoram, Mother of Thyme, Pennyroyal of each a small handful, Elder-flowers a handful, of Blessed Thistle a handful, of Barberries brused half an ounce, of Cardamums bruised an ounce and a half. All these ingredients are to be put in when the liquor has wrought a while and after they are in let it work over the Vessel as little as may be when it has done working. Fill up the Cask and put into it 5 new-laid eggs not broken nor crack's. Stop it close and it will be fit to drink in two years. The Receipt Book of John Nott, Cook to the Duke of Bolton, 1723.

94% of all American homes have television sets but only 91% have bathtubs.



Distilling in a Herb Garden



USE IT UP – WEAR IT OUT
or
GIVE IT AWAY

The influence of our affluence is showing in our effluence



Fig. 9. Oyster Mushroom (edible)
Pleurotus ostreatus



Fig. 15. Shaggy-Mane (edible)
Coprinus comatus



Fig. 22. Giant Puffball (edible)
Calvatia gigantea



Fig. 23. Small Puffballs (edible)
Lycoperdon gemmatum
(Photograph by C. F. Todd)

THE SAVORY WILD MUSHROOM - Margaret McKenny - $3.95, paper $6.95 cloth. University of Washington Press, Seattle, Washington 98105

Bulk of attention given to edibles and cooking with adequate coverage of poisonous varieties and medical remedies. 48 good color plates and 33 black & white photographs. "While the mushrooms are described chiefly in their Pacific Northwest locales, many of them are found in other parts of the country as well."

OYSTER MUSHROOM - Pleurotus Ostreatus (dull lilac spores)
Color & description:
Cap: oyster gray or white, attached at the side, without, or nearly without stem; 2 - 5 inches across; flesh white, thin.
Gills: white or grayish, sometimes running together at point of attachment.
Stem: usually absent, the caps growing one above the other in series along a tree or log.
Where found:
On trees or fallen logs, in or at edge of forest.
Season:
Spring, late summer and early fall.
Remarks:
The various types of oyster mushrooms, whether white or grey are all edible and when young are very good. Several crops may be gathered in one season from the same tree or log. If log is carried home to the yard and kept moist, the mushrooms will continue to fruit.

SHAGGY-MANE - Coprimus Comatus (black spores)
Color & description:
Cap: white and gray covered with fluffy scales, standing erect like a closed umbrella on its handle, in age spreading, 4 - 12 inches in height; flesh - at first white, then darkening.
Gills: white shading to pink, in flat folds against the stem, turning black with spores and melting into black fluid.
Stem: white, hollow, with small movable ring, slightly thicker at the base, 4 - 10 inches in length.
Where found:
In the open, on the ground, in gravel by roadsides, near garbage dumps, or in decaying sawdust near old logging roads.
Season:
Spring or fall after rain.
Remarks:
A well known, edible mushroom of good flavor and consistency if gathered when young. Easily distinguished from the similar inky-cap by its height and fluffy scales.

GIANT PUFFBALL - Calvatia Gigantea (olive brown spores)
Color & Description:
White, a large rounded mass growing directly from the ground. Flesh - white when young, growing gradually yellow, then dark brown with the ripening of the spores. Often 1 to 2 feet in diameter, 1 to 30 pounds in weight.
Where found:
In rich grounds near barns and in pastures, always in the open.
Season:
Spring or fall
Remarks:
A fine, edible mushroom. Eat it while flesh is pure white; a tinge of yellow means a bitter taste. Other smaller puffballs (lycoperdon gemmatum) are edible when young and pure white within. Slice puffballs through the center to be sure you have not picked the bottom of an Amanita. In the latter case, signs of the stem and cap will be seen, while in the puffball there is only solid white flesh.

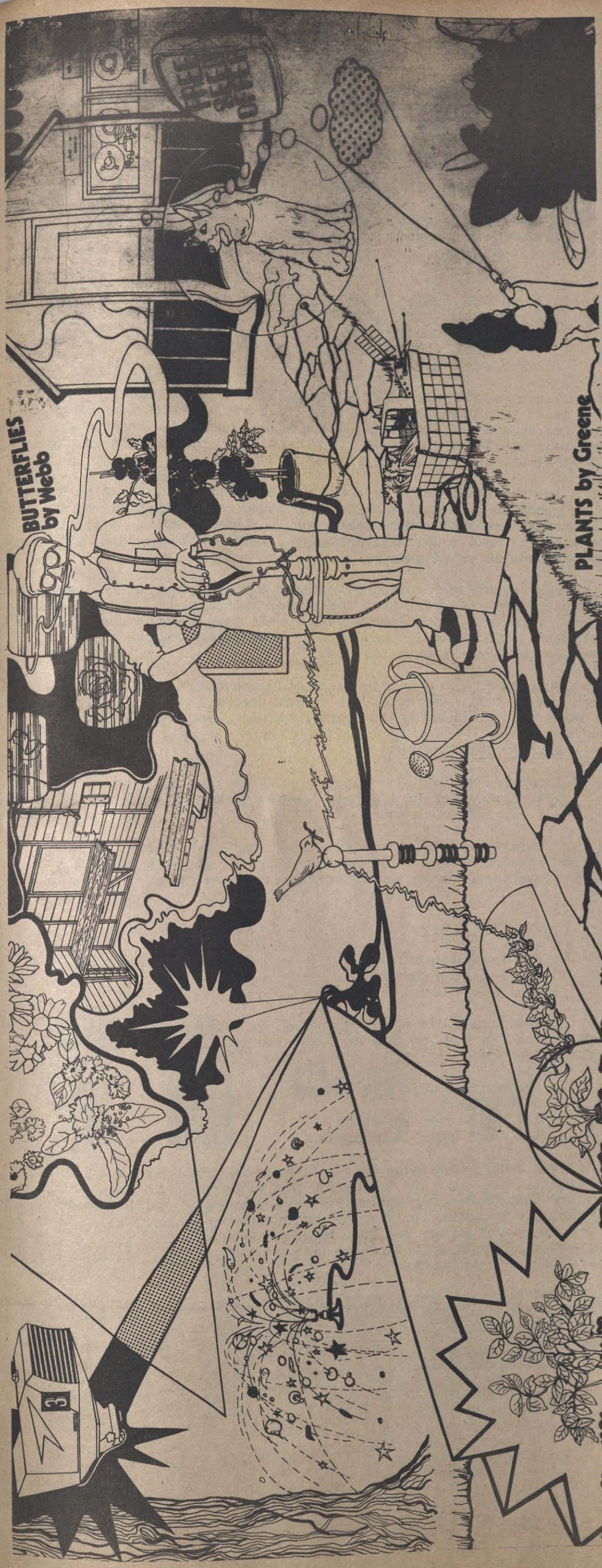
Old law revived

Wisconsin Congressman Henry S. Reuss has created a stir by his use of the 1899 Refuse Act to help prevent further degradation of the nation's waters, the Wildlife Management Institute reports.

The law prohibits anyone from depositing any refuse matter of any kind in the nation's navigable waters or any tributary to such waters unless he first has obtained a permit to do so. The law also provides that any citizen who furnishes sufficient information about a violation of the statute to bring about a conviction gets half of the resulting fine.

Reuss, chairman of the Conservation and Natural Resources Subcommittee of the House Committee on Government Operations, and his group has gotten together a kit for interested citizens, obtainable from the Subcommittee, Rayburn House Office Building, Room B-349-C, Washington, D. C. 20515.

SOCK IT TO 'EM!



Check

ARCHIGRAM, 59 Aberdore Gardens, London, N.W.6, England The large illustration is the cover of #9, current issue which you can get by sending them $1.25. ARCHIGRAM is a totally experimental multi-level, multi-media journal of the ARCHIGRAM GROUP. Its collage format communicates ideas, facts and news designed to stir up thought and controversy. Each issue may totally differ from the previous. We include ARCHIGRAM in NLS because in this issue we found ideas very relevant to problems all of us are facing in trying to come to terms with our environment. Most utopians and frontier escapists are now realizing there is no way of escaping forever the problems of urban growth and the ecological timebombs we have already set. Some of us will sit down and try to think the total mess out and come up with real solutions. For those urban global thinkers, particularly architects, we would suggest plugging in.
Critically speaking, this open forum seems to be peopled primarily by thinkers who have little real experience in nature, practical or spiritual. We hope some of you will contribute to expanding the perspective of the magazine a bit, they appear to be ready, receptive, and admit architecture may be irrelevant. Issue #9 includes a seed packet of "night scented stock" a hardy annual which "provides a glorious fragrance in the evening".



INTENTIONAL COMMUNITY HANDBOOK $1.00, the Community Economy $1.00, Literature list free. Community Service, Inc. P. O.Box 243, Yellow Springs, Ohio 45387

HOMESTEADER'S BIBLIOGRAPHY. A list of books from regional and state libraries that we found helpful on our homestead - General Homesteading and Subsistance Farming, Gardening, Livestock, Beekeeping, Buildings, Nutrition, etc. $1 for hundreds of titles. Mrs. Elsie Eveisizer, Winterthur Goat Farm, R. 2, Forrest, Ill. 61741

THE OWNER-BUILT HOME (Volumes I, II, III, IV) is available ($2 for each volume) from: Ken Kern, Sierra Route, Oakhurst, Calif. 93644.

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Walnut Acres, Penns Creek, Pa. 176862 wa(12-67)11-68

GREENFEEL is a magazine of community — our lives and your life. Let us make love to you. (Please read a copy.) Greenfeel, (GR), Box 347, Barre, Vermont 05641. —44 pp., $1.



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From: Margaret Galleher
3442 40th Street
San Diego, Calif.
92115

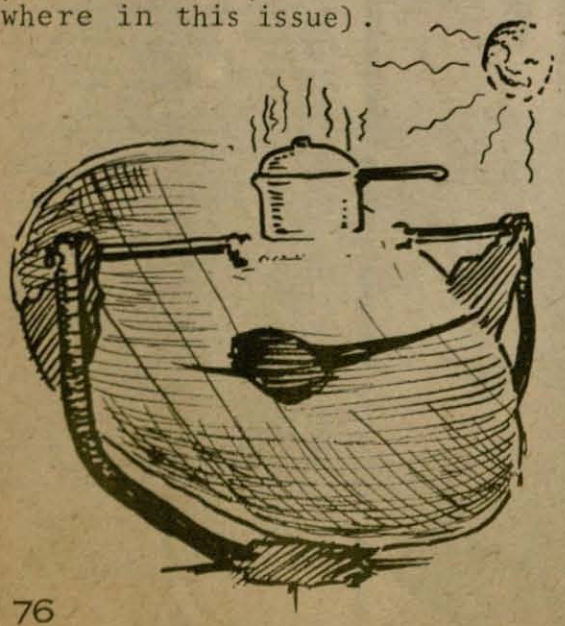


Diminishing tree supply

At the present time there are three acres of growing trees to supply the per capita wood needs of 200 million people in the nation. In 1909, there were 11 acres of growing trees to supply per capita needs.

DIRECT USE OF THE SUN'S ENERGY by Farrington Daniels ($10) Yale University Press, New Haven, Conn. A comprehensive survey of the possibilities of converting solar energy into mechanical and electrical power, heat use and storage. He describes the full range of experimental work involving collectors of solar radiation, cooking, heating, solar furnaces and engines, cooling and refrigeration. (Photo-Wisconsin solar cooker).

For general coverage on the basics of collecting solar energy, order *COUNTRYSIDE MAGAZINE* #6. Also #7 talks generally about solar heating your house. (Reviewed elsewhere in this issue).



BAKING WITH YEAST (from p.21)

Allow the loaves to double in bulk again. Bake in a preheated 325° oven for about an hour and fifteen minutes with a pan of water on the bottom shelf. Bread is done when a tap on the bottom sounds hollow. Cool breads tipped up on their sides.

This is another variation on yeast breads:

Corn Fritters (This recipe can be made with properly canned organically grown corn or left-over organically grown corn that has been cut off the cob.)

1 cup milk
1 Tbsp. dried yeast
1 beaten egg
1 Tbsp. oil
1/2 cup oatmeal
1/2 cup wholewheat flour
3/4 cup white unbleached flour
1/2 tsp. sea salt

oil for deep frying

First, scald the milk, then cool it to lukewarm. Dissolve the yeast in about 1/2 cup of it, then stir in the rest of the milk, the beaten egg and the oil. Mix in the cornmeal, and the white flour and stir until well blended. Add the corn and salt, then the wholewheat flour, and knead until smooth.

Let the dough rise in a warm place until double in bulk, then punch it down to its original size. Make fritters about the size of a hazelnut and oil them well. Place them on a slightly damp cloth, and cover with another. Let them rise until they are about the size of a walnut.

Heat about a forefinger's depth of oil until it will evenly brown a bread cube and drop the risen fritters in, rounded side down. Turn in a couple of minutes when they have browned and brown the other side. Drain them on brown paper and serve them hot. The recipe makes enough for six.

Sour dough breads are specialties that are hard to resist. They take a lot more time than wheat breads, and the starter must be made two or three days beforehand, so plan ahead.

Sour Dough Starter

1 cup rye flour
1/2 cake yeast or 1/2 Tbsp. yeast soaked in 1/2 cup lukewarm water
1/2 cup lukewarm water

Combine the yeast mixture, flour and warm water. Cover and allow it to rise and fall without stirring at room temperature. Keep it at room temperature for two or three days.

Sour German Rye

1 cup sour dough starter
1 1/2 cup lukewarm water
6 cups rye flour

Combine and let stand, covered, in a warm place for three hours. Take a cup of this and reserve it as starter for the next batch. Mix in

1/3 cup raw sugar or molasses
pinch of salt
1 1/2 tbsp. caraway seeds
3 1/2 cups rye flour (approx.)

The dough should be stiff. Knead it until it is firm and elastic. Roll it into two balls and place them on oiled cookie sheets that have been sprinkled with cornmeal. With a sharp knife, make three superficial slashes in the top of each. Allow them to rise in a warm place for four hours. Bake at 325° for 1 1/2 hours. Spread the crust with a beaten egg as soon as the loaves leave the oven and cool on racks.

The only sad thing about this next recipe is that I have never figured out how to keep over a cup of starter for the next batch, but it's a good reason to break the chain.

Sour Dough Muffins

Sour dough starter, 1 cup
1 mashed banana
2 cups cooked oatmeal
1/4 cup sunflower meal
1/4 cup honey
1/4 cup sesame seeds
1/4 cup oil
1 cup rye flour
2 cups (approx.) wholewheat flour

Mix all the ingredients thoroughly to make a thick dough. Do not knead. Make two dozen balls of dough, approximately the same size, and place them in well-oiled muffin tins. (They should fill the tins halfway). Allow them to rise until they are slightly under double their original bulk, then bake in a preheated 325° oven for about 45 minutes.

Yeast is also a far more nutritional leavening for cake batters than the traditional baking power. Here the texture does not usually require kneading or punching down, so cake baking generally requires less time than bread baking. Fine textures can be achieved by sifting out the bran in wholewheat flour or using unbleached all-purpose flour, but the following recipe makes the most of whole-grained goodness.

Apple Cake

1/2 cup sweet butter
1 cake yeast dissolved in
1/2 cup lukewarm apple cider
1 cup raw sugar
1 cup of unpeeled, cored apples (chopped fine)
1 egg beaten
1 1/4 cup wholewheat flour
1 cup oatmeal
1/2 tsp. cinnamon
1 cup raisins
1/2 cup chopped nuts

Cream the sugar into the butter until light and fluffy. Add the egg and apple along with the yeast mixture. Beat lightly. Combine the dry ingredients and stir in the raisins and nuts until they are well coated. Gradually add the dry mixture to the batter. Beat 100 strokes and turn into a well-greased 9x5x3 inch loaf pan and allow to rise in a warm place until it fills the pan. Bake at 325° for 1 hour or until done.

Cakes made with yeast will not taste yeasty unless they rise too long.

Raw sugar, whole-grained flours and decent yeasts are not available in grocery stores. Perhaps some day they will be. Until then, they may be purchased in stores specializing in wholesome, nutritional foods, or they may be ordered through the mails.

Whole-grained flours should be kept in a cool, dry place, or they will spoil. Dry yeast should be kept in an airtight container in a cool, dry place.

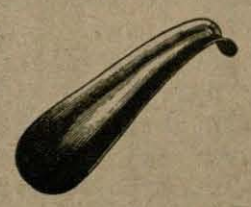
Breads may be frozen and stored for future use. Wrap a fresh, but thoroughly cooled, loaf so it is airtight and freeze until it is solid. When it is defrosted, use as soon as possible as it goes stale more quickly than fresh bread.

For information on where to find mail order distributors of natural foods, write to the Executive Secretary of the National Dietary Foods Association, 1542 Knowlton Street, Cincinnati, Ohio. You may never buy another loaf of supermarket bread.









FIRST INSTALLMENT!

URSULA SELLS HER CRAFT *by Ronald Westbrook*

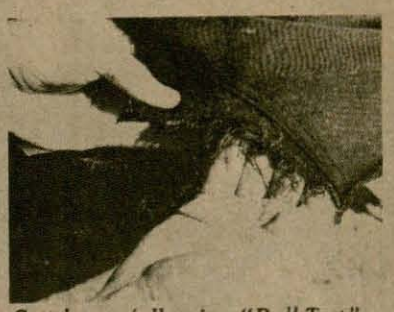
"It was the first night back at pottery class. The radiators were lukewarm and the clay bin was frozen solid. Ursula would not have ventured out on such a night had she not bought a pair of fleece-lined bootees. Unfortunately, her new boyfriend, Rodney, had not arrived. The only other male present was Mr. Simon, the instructor. He never noticed clothes, perhaps because he was so keen on naturism

"Ursula believed that a warm human interest should be established between teacher and pupil, but up to now, although she had tried very hard, Mr. Simon had not responded. He taught her as coldly as a robot, and even when he guided her hand on a revolving pot, the layer of the sludge between his fingers and hers retained its earthly chill."

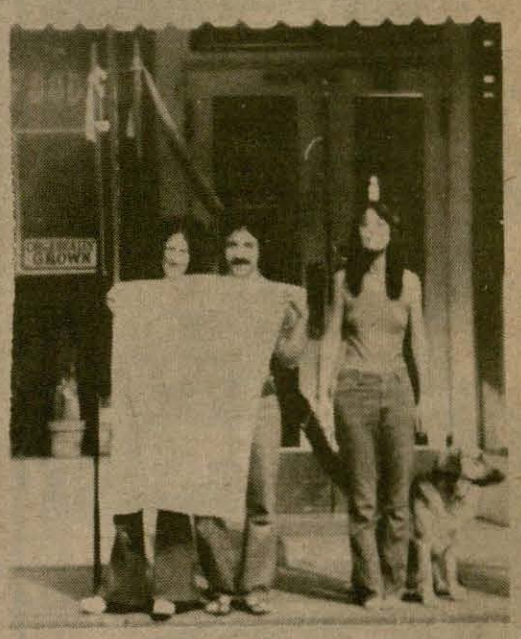
.....wait for the second installment!



RAGS ($3.50 for 12 issues) is an outrageous "alternate culture" clothing mag. Clothing as costume, as 20th century folk art, funk & baroque. The Nov. issue devoted to "blue jeans" literally road tested them as well as produced some off beat historical footnotes.



Crotch area following "Pull Test." Note excellent seam integrity.



REAL FOOD FAMILY

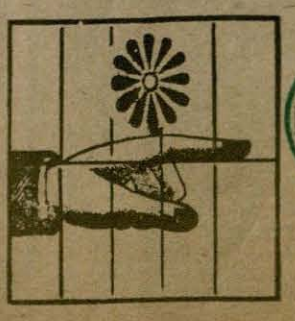
Joan, Nate, Isabelle and Adam

Not included are Bob (page 69) Eve (Page 88) and Carlos (page 78)

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REAL FOOD

New Paltz Mayoral Race

THE DAILY FREEMAN, KINGSTON, N. Y.,

THURSDAY EVENING, FEBRUARY 25, 1971

As we go to press, Carlos Fernandez, a member of the Real Food family (see page 77) qualified as a candidate in the New Paltz, NY mayoral race.



YOUNG CANDIDATE AT WORK
(Freeman photo by Kruh)

By WADE BURKHART
NEW PALTZ

The 11th hour entrance of Charles B. (Carlos) Fernandez into the race for mayor of New Paltz has injected considerable interest into what was shaping up to be a very dull election. Fernandez' petition, filed at 4:20 p.m. Tuesday, the last day for filing, contained 103 signatures, 28 more than required by law.

In opposing long-time Mayor Henry DuBois, Fernandez is furnishing the only opposition in the elections. Trustees George Ackert, O. Lincoln Lgou and John Sherwig are running unopposed.

Fernandez says he is going to run "a serious campaign," and as proof he outlined a very broad and ambitious campaign platform.

He said he was a "conservationist," and he was seeking to challenge the village to make a choice. The choice he believes the village must make is between becoming a "bedroom community," with the "taxes and problems of communities in southern New York," what he termed "plastic suburia," or putting into effect the village slogan which calls the community "Historical, Cultural and Progressive" and preserving and enhancing the village's virtues.

As part of his plan for New Paltz, he is calling for arterial highways around both the village and the town to relieve Main Street of its traffic, and allow the creation of pedestrian malls and more attractive shopping areas. He would remove all neon signs, and bury all utilities on Main Street. The

DR. WILLIAM A. ELLIS (from page 17)

7. Protein foods - meat, fish, fowl, eggs, gelatin, whole grain cereals, and the vegetables with a higher protein content. A variety is absolutely necessary.

8. Normal hydrochloric acid at 25 years of age; at 40, 15% less; at 65 only 15% present. So, poor digestion, enhanced by emotions, tensions, exercise, daily activities and other food intakes, such as starches and sugars, make us protein poor.

9. Proteins through the actions of proteolytic agents, vitamin and mineral catalysts are broken down into amino acids. The aminos are absorbed and assimilated through the intestinal wall and carried through the portal circulation to the liver. There are ten essential amino acids. Two, arginine and histidine, are considered very essential to growing youngsters. The body actually uses 26 amino acids and of these, 16 can be synthesized in the body, primarily in the liver from the ten essential acids. The body is unable to manufacture the ten essentials. They must all be present or they will not do an adequate job unless used in adequate quantity. Recently an article in SCIENCE NEWS stated that 256 amino acids are now known.

10. The amino acids will not be used unless there is present a normal physiological supply of gonad or sex hormones. The cell protoplasm will not unite with the blood amino acids except in the presence of normal quantities of sex hormones. When the amino acids unite with the cell protoplasm, we have a normal, healthy, living cell. The cell may flourish or sicken, depending upon fluctuation in its supply of carbohydrate and lipid or fat material. However, in the absence of protein, the cell will inevitably sicken and die.

11. As youth grown into adulthood, the pressure of business, lack of rest, a fast or higher standard of living, pregnancy and lactation, all result in a predominance of protein catabolism or abnormal using of protein. With an increase of catabolism, the body may draw from the total supply of protein, which could well be taken from any or every cell of the body. At the stage of senility, lack of steroids from the adrenal cortex may be the cause of protein deficiency. There is no disease, illness, or abnormality in the body that is not in some way related to protein metabolism. In many arthritics there is anemia, secondary in nature with all evidences of inflammation. An inflammatory process metabolized protein at a highly elevated rate. A patient running a high fever will be burning protein much more rapidly and present a greater hypoproteinemia than one not eating enough protein. In arthritis or bursitis, the body in making an effort to maintain a blood serum level of albumin, will draw from the joint surfaces some of their protoplasmic albumin. The more taken, it acts as trauma to the joints. Cortisone or ACTH, by releasing albumin from muscle tissue and hence making it available to the blood stream and to the joint surfaces, decreases the irritability, inflammation, and thus the arthritic manifestations of the joint. This is accomplished at the expense of muscle tissue, and if long continued, leads to protein depletion in other tissues even though the arthritic process has been relieved.

12. An added point: When the mucous membraine lining of the stomach or the intestinal tract gives up its protein, the result is a gastric or duodenal ulcer, spastic colitis, ulcerative colitis, or diverticulites.

13. Albumin is formed in the liver and is the supply of available proteins to the body cells. I'm not going into liver physiology. Therefore, say if there is a liver involvement or a failure to provide adequate protein is evident, symptoms appear. The state of the skin, hair, and fingernails is an excellent criterion of the level of protein availability. Coarse brittle hair, falling out easily, dry hard skin, cracking, splitting, or fingernails that flake, are brittle, break easily or do not grow properly - these are due to the lack of protein.

14. Other signs of protein deficiency are fatigue, sensitivity to cold, evident pallor, allergies, most edema, and hypertension, and a negative attitude. We have found that children who are highly nervous, irritating, who refuse to be good, who refuse to do as told, are children who are eating large amounts of sugars and starches. They eat very little protein, green or yellow vegetables.

15. If gas distention several hours after digestion and low in abdomen, a lack of digestive enzymes.

16. 500 virulent bacteria in mouth daily, but because of protein in mouth, they do not become virulent.

17. How do we find the need for protein? This is done by doing a series of tests from the blood. This group of tests has been done by our group for the past 15 years and I'm happy to learn tonight, from Mr. Harry Taylor of Physicians and Surgeons Laboratory of Warren, Ohio, that the AMA has just passed a resolution recommending that everyone over 40 should have these tests done on a yearly basis to maintain health.

First we start with a gross total protein which includes a serum albumin and serum globulin. Then, we get a more accurate examination by doing an electrophoresis. This is broken down into

albumin, Alpha 1 and Alpha 2 globulins (these by the way are the tissue components,) Beta globulin (the bone and joint component) and Gamma globulin (the anti-infective component).

Then we do an atherogenic index which is a method to determine the fat content of the blood and whether or not you are building atherosclerotic placques within the blood vessels. There is also a risk factor determined from your index as compared to a normal scale that helps determining your possibility of having a heart attack within a year if you don't change your mode of living as well as your food intake. Cholesterol to determine your advancement toward arteriosclerosis. Blood sugar to help determine what you are doing with your intake of starches and sugars, and if you have a tendency of becoming a diabetic. Inorganic iodine to determine if you have the proper iodine for the thyroid gland to function. Protein bound iodine or thyroxine determines exactly what your thyroid gland is doing. To us basal metabolisms by machine method on breathing is passe because most operators do not do the test properly.

These are the main ones, but we could add many others that we do on a routine screening. If we are looking for something specific, again, we have many other tests that will help pin point the deficiency pattern.

When we tell patients they are deficient in proteins, they usually say, "But, Doctor, I eat plenty of meat or protein foods." Therefore, it is necessary for us to learn why, when eating sufficient protein foods, we do not have adequate available proteins.

One of my physician-professors tells a story about a patient of his who as a poor boy made a vow that when he was successful, he would eat only T-bone steaks. He worked very hard and finally attained that point in his life when he felt that he was quite successful, so he started to eat only T-bone steaks. A short time later, he was doing some extra heavy work and his back started to ache. He tried the usual methods to rid himself of the pains, but to no avail. He presented himself to my physici an-professor and asked him for help. At first he, too, failed and in an off-handed conversation, the physician learned to his surprise that his patient was eating no other proteins but T-bone steaks.

He had remembered reading in one of our leading textbooks that T-bone steaks do not have all the essential amino acids. He placed his patient on a liquid protein supplement containing all essential amino acids, and he immediately started to get better. The patient was advised that unless he changed his idea of eating only T-bone steaks instead of eating all forms of proteins, that he would have to continue to take the liquid protein supplement.

The economy of our country, and especially of the people who get older, often means that we try to save on those foods which supply adequate protein. Our advice to all of you is to eat plenty of animal proteins and to try a great variety of proteins to assure adequate intake of essential amino acids.

Animal proteins are the best source of amino acids, although we must not overlook that fact that some proteins are available from grains, raw nuts, and fruits. One way to figure if you are getting adequate protein is to take your weight and multiply by two calories and this amount would give you the necessary required amount of proteins. Eg. 150 lbs. x 2 calories = 300 calories/day. The best in animal proteins and lowest in fats are turkey, lamb, beef, fish, fowl, eggs and gelatine. (No tryptophane.)

Now that we have assured ourselves of what proteins to eat to obtain adequate amino acids, what is the next step to assure that it becomes available? Digestion. Here lies a great story for those who believe in the advertising propaganda. Let's start at the beginning and work into the needs and problems. First, we must masticate our proteins as we do all food in our mouth in order to break up the cell and fiber structure, mix with saliva, so that it will be digested easier in the stomach. It is here that our great need and next problem exists. This need is for gastric digestive enzymes, hydrocloric acid and pepsin. There are several methods to determine whether we have an adequate supply. Swallow a tube and after a test breakfast, pump the stomach and measure the hydrochloric acid. A newer test is called diagnex blue. A laboratory test done by swallowing a couple of pills and then measuring the dye as it is excreted in the urine in a given period of time. Some of the usual symptoms showing a lack of hydrochloric acid are a lack of appetite, one who does not like to eat meat, burping, a sense of fullness an hour or two after eating, and a burning or itching rectum. Science has proven that the maximum production of hydrochloric acid in the stomach is reached at age of 25. By the time we reach 40, it is diminished by 15%, and by the time you reach 65, one authority states that acid production has been reduced by 85 per cent, or, you have 15 percent of the normal amount to digest proteins properly. The other authority states that when we reach the age of 65, 35 per cent of all people do not have any acids remaining in the stomach.

This certainly is different from the propaganda of our TV, radio, magazine, and newspaper advertising. They would have you believe that so many people are overacid and should be taking an-acid pills.



burial of utilities could be done while the streets were excavated to put in a new sewage system, as he said the present system was already inadequate.

He is against shopping centers, saying "While they help the tax base, they would destroy the village." Instead of building new shopping centers, he would build parks, what he called "public greens."

He felt that, as a graduate of State University College, New Paltz, he could aid the village police force and college students to come to a better understanding. He believed his contact with the youth of the community could aid in finding a solution to the villages drug problem. He knew people who had died from drug abuse, and of many "wasted lives", and said he was against the abuse of drugs.

He thought taxes too high on property, and particularly hard on senior citizens on fixed incomes; he would work for relief in that area. He said "the society which takes care of its young and its old is a healthy one." He felt the college should contribute funds to the village to defray the cost of the large share of services provided to it and its students.

If elected, he pledged to work with other government officials and interested groups on such projects as the clean-up of the Wallkill River, the creation of a Shawangunk Mountain Conservation Corps, the creation on a town or county level of a "public citizen" to look after the public's interests, and better public transportation.

He would like to see the village bar the use of detergents containing phosphates, and investigate the possibility of recycling the village's refuse. He said the cost of refuse collection was high in the village, while some communities actually make money from their refuse.

Fernandez's platform will call for immediate withdrawal from Vietnam. He said, in addition to the loss of lives, too much money and too many skills were being wasted that could be put to better use at home.

Fernandez said he would explore new areas of revenue for the village, but that if taxes had to be raised to implement his program it would be money well spent. He felt the loss of business properties from the tax rolls would greatly increase taxes over the long run if a renovation program such as his was not adopted.

He said his complete platform will be printed, and he hoped to give a copy to every resident of New Paltz.

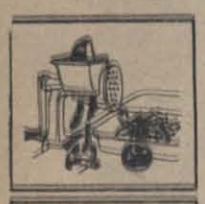


GRISCER

We are not much for gadgets, but we have found one kitchen contraption invaluable as we swing more and more into raw fruits and vegetables. The GRISCER salad maker is the best aid you can have for preparing fruits and vegetables in various shredded textures and slices. It's fast, easy to operate, simple to clean and is made to retail at $12,95 with three cutting cones (compared to Saladmaster's ripoff $34.95).

We picked one up at Ann Wigmore's some time ago and haven't stopped using it for a minute. (They have a ten-year guarantee.)

Send your order directly to the sales manager, R.T. Shreve. Ask for Griscer Delux P3578 package. Mention who told you and maybe he will give us an ad, even tho he "said" they had already blown their ad budget; a little consumer response should shake him out of his tree. Foodco Appliance Corp., Griscer Div., Waterloo, Indiana 46793, attention: R.T. Shreve, Sales Manager.



PEEL FRUIT
Peel any food with a tough rind or peeling by cutting into quarters, coring, and placing in hopper with cored side to cutter. The blades will remove the meat and allow the peel to pass between the hopper and the cone.



CUT CABBAGE
Wedge shape pieces of cabbage may be cut with leafy side to cutters for fine slaw or the flat side of wedge to cutter for longer lacy edge cuttings. Turn handle fast or slow depending on size of cut desired.



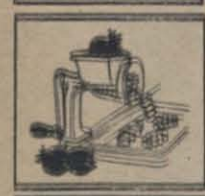
SMALL FOODS
Fill hopper to brim with small foods and hold firm with flat of hand. Keep hopper full for best results. Paper thin slices of radishes ideal for salad mix. Peppers should be cut in small pieces and cut as above.



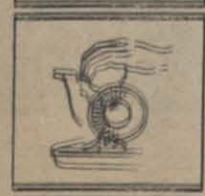
CRUMB BREAD
Dry bread, graham and soda crackers should be held on edge and pulled into shredder. Hold Stack firmly between thumb and third finger.



SLICE PICKLES
Thin or thick slices may be cut from pickles, onions, potatoes or firm vegetables that ordinarily require a slicing knife. Uniform thickness of slices permit even baking of casserole dishes.



SCALLOP FOODS
Most attractive shapes can be achieved for salads, french fries, or canning purposes. Roll leafy foods into carrot shape and feed into cutter.



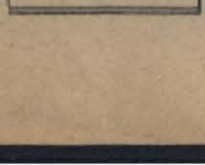
GRATE HARD-BOILED EGGS
Hold egg in cupped hand against high side of cutter and turn handle slowly. Apply light pressure to insure proper cutting. Do not let egg wedge down inside of hopper. Either No. 3 Shredder or No. 5 Stringer may be used. Grate hard cheeese in same manner.



GRATE RINDS
Hold fruit with the finger tips. Revolve fruit on top side of cutter while turning the handle. Feed lightly at all times. Do not let fruit wedge in hopper. Only the top layer of rind should be used.



SHRED COCONUT
Large pieces nested and cut on edge will produce long shreds. Not necessary to shell coconut for short shreds. Let shredder cut meat from shell.



HOT FOODS
Press thru No. 1 shredder with back side of cooking spoon.

One big factor they don't want you to learn is that the symptoms of an overacid stomach and a lack of acid are exactly the same. That's right, the burning sensations in the stomach of an overacid stomach are exactly like the burning sensations of a stomach that's too alkaline. What happens is this. When there is a lack of acid in the stomach, bile regurgitates back into the stomach, and as this is highly irritating, there is a greater burning sensation.

Want to try a simple test to find out if this is correct? The next time you have a full stomach feeling, a burning sensation, or you are full of gas and are burping, take a teaspoon of apple cider vinegar in a small amount of water and you will be surprised how quickly you feel better. If it increases your burning, you are overacid.

One of the forgotten enzymes needed in the stomach is pepsin. Pepsin is the stimulator for the production of hydrochloric acid. This is why peppermint tea is good to use with a meal in order to obtain the pepsin and thus aid our digestion.

Acidity is needed to activate the peristolic wave which aids in opening the pyloric valve of the stomach. It also activates the emptying of the bile from the gall bladder and liver. When your stomach is too alkaline and fermentation or putrifacation takes place, this sets up a false triggering of the gall bladder and causes the bile to be regurgitated back into the stomach and thus a burning sensation.

I repeat this because it is very important to remember.

May I deviate a moment by asking you a question. What room in the house do the majority of persons having a heart attack die? I'll surprise you when I say the bathroom. You will find that most heart attacks occur following a meal and people suffering from the pain go to the bathroom to get an alkalizer. What does this do? Increase the gas in the stomach and causes an increase in upward pressure, thus, stopping the diaphragm from working properly, creating a severe pressure on the heart and producing a cardiac spasm. This spasm can be so great that it can kill one before relief of pressure can be affected. Actually these people should have gone to the kitchen and taken one to three teaspoons of vinegar in water which will relieve the spasm and pressure, and, I am sure, that many so-called heart attack deaths could have been avoided.

The reason that I am certain is that two friends of mine, one a pathologist and the other an undertaker, decided to do some research. We illegally did autopsies on 16 consecutive deaths whose death certificate showed that they died from heart attacks. One of these had been treated for ten years for a heart condition. We opened the chest and abdomen and examined each organ. Not one of the 16 showed any pathology of the heart. Each had died with considerable food in the stomach and in each case the liver showed severe pathology.

Now back to our text on the digestion of proteins. The next enzymes necessary are choline and inositol. We can also say methionine. Methionine can be broken down to produce choline and inositol.

Methionine itself is an essential amino acid. Methionine is a precursor to some of the enzymes in the intestinal tract, especially choline and inositol.

The essential amino acids are curious in the fact that the complete group must be in the body at one time for them to work properly. If one is missing for several hours, nutritional effectiveness of the entire group is impaired.

We have now completed protein digestion from protein intake through its steps to becoming essential amino acids.

First, we must have a variety of proteins; these proteins must be taken generally more than one at a time. There must be adequate gastric hydrochloric acid to convert the protein to peptones and peptides; these make up approximately 70 per cent of the gastric proteins. The conversion of these partially digested proteins to their assimilated form is done by the pancreatic and intestinal enzymes depending to a great extent on the presence of methionine, one of the ten essential amino acids, which will help produce other enzymes, choline and inositol.

Now we have our proteins ready for the next step in becoming available proteins. This step is assimilation.

Assimilation depends on several factors. First, we must have adequate vitamins and minerals, especially Vitamin C. I mean Vitamin C or civatemic acid and not the synthetic ascorbic acid which is only one fifth of the Vitamin C complex. Bioflavenoids or the vitamin P and PP fractions of the C complex group are also important in making normal intestinal cell physiology. So it is important that we eat enough raw greens and fresh fruits to get this C complex or take a supplement.

This supplement is best in a complete natural vitamin and mineral supplement and then, if necessary, add extra Vitamin C.

Our next important factor, and this is much more important the older we get, is a balance of the sex hormones.

Of all the glands in the body, it is well to remember that the sex glands are the only glands that do not continue to function during your entire life. In other words, when women reach their menopause, naturally or castration by surgery, the sex organs do not continue to function. Males also have a male climatric.

A balance is needed--if the conversion from the sex glands to the adrenal gland or liver do not take place, a reaction takes place. In women, this is called hot flushes or hot flashes. In males, it is usually manifested by great fatigue and loss of sex drive.

With a balance of vitamins, minerals, and sex hormones, the proteins will be made assimilative.

But, and that's a very big but, we can still block our assimilation by doing certain things that cause a mucous formation which lines the membranes of the stomach and intestinal tract.

It is here that I now start my first real controversy.

You probably noted that I did not include milk and milk products in my list of proteins. Let me tell you a complete story from the beginning rather than explain something in the middle.

Milk is a product made by a mother (human or animal) to supply an adequate food for her offspring. This milk was to be the baby's own food until its digesting enzymes started to be produced in proper quantities to digest more solid foods. When the transfer was ready, the mother automatically dried up and her breasts returned to their normal size. Yes, the cow does the same things as our mothers in their natural habitat.

Cow's milk was made for a calf weighing approximately 90 pounds at birth and 1,000 pounds at the end of the weaning period. The only reason that a cow continues to manufacture milk after the weaning period is because of the constant manipulations of the mammary gland in the process of milking and through the diet which stimulates the pituitary gland to produce a hormone to stimulate the mammary gland to produce milk. This makes an imbalanced glandular system, so how can you take a product from an animal with a glandular imbalance. If the glands are imbalanced the cow cannot be a healthy animal, just like humans, and say, This is the world's finest food? This is how the propagandist twists words. Normal production of milk for its own offspring is the finest food, but milk from a different animal whose chemistry and needs are entirely different do not make it a perfect food for others.

Let us examine other factors. A calf has four stomachs; a human being, one. Digesting enzymes in the third and fourth stomachs of a calf for digesting milk do not exist in our human stomachs, so even in the raw state, we cannot break it down properly.

Once milk is pasteurized, it becomes more indigestible, for the curds become so hard in the stomach that it takes skim milk upwards of four hours to leave the stomach; homogenized milk, three or more hours. Mother's milk leaves the infant's stomach in less than 45 minutes. Now, you know why babies don't cry as these insoluble curds just lie in the stomach making it believe it has something good in it.

It is also well to remember that in the human infant's stomach there is a milk digesting enzyme known as renen. When the infant has the other digesting enzymes like hydrochloric acid to digest the more solid foods, renen disappears, so we no longer have the ability to digest milk, and it should be discontinued at this time. This is usually near the second year of life.

The Bible tells us in the fifth chapter of Hebrews, verses 12 to 14, that milk is for babes and strong meat is for adults.

Two of our fine universities have done research in this field. They have taken many calves and when they were good and strong, about the second or third month, took them off breast feeding. They milked the mother cow, pasteurized the milk, and then fed her calf the pasteurized milk. In every case, the calf died of a heart attack within eight months.

Today, in Pennsylvania, we no longer have milk examined for its bacterial content. The new law examines for the phosphatase enzymes. If any are present, you cannot sell it. Why is this important? The phosphatase enzyme is needed to assimilate calcium. When not present, there is very little assimilation. The reason for pasteurization is that it stops the milk from turning sour, but does not kill bacteria. Today, milk spoils in four to five days and never turns sour.

Dr. Lynn Ferguson, of the Ferguson, Droste-Ferguson Rectal Hospital in Grand Rapids, Michigan, (this hospital is world known for its rectal surgery and cancer surgery of the rectum) in a lecture befure the American Medical Association in 1961, stated





Wintercress



Wild carrot

Buell Gibbons
(From Page 2)



Currant juice (especially red) has stong virus killing properties and was an ancient folk remedy during fever epidemics.



Euell Gibbons





In the kitchen for early morning breakfast with Euell and Freda

Sally cleaning crawfish



that they would have to close the doors of their 200-bed hospital within a year if all people stopped using milk and milk products. They are the biggest cause of rectal pathologies or diseases.

At the 1962 AMA meeting, a pediatrician from Miami stated that milk is strictly an infant food and should, like toys and rattles, be discarded when the child leaves infancy.

In my own research over the past 28 years, I can honestly say that I have found that milk and milk products to be the greatest single cause of disease in our human bodies.

May I add a few more comments. Milk and milk products are number one on the list of causative factors in every allergy book. This includes all forms of milk and milk products.

I have also found them to be the greatest single cause of colds, sinus conditions, asthma, bronchitis, and mucous colitis.

"Science News" recently published the information that a growth hormone from the malfunctioning pituitary gland has now been isolated in milk. This hormone, in my opinion, is why we are seeing very large thighs and fannies in our girls and young women of today. It has given the boys the tall pattern; many are growing above 6'5"

Now you can see that even though we a high protein diet and have the proper digesting enzymes, vitamins, minerals, and hormonal balance, we can defeat ourselves by using milk products. This will line the intestinal tract with mucous and thus, prevent assimilation.

Another factor not to be overlooked is available proteins. Do not eat luncheon meats; the preservative used in these is from the nitrite family, more commonly called saltpeter. This can have serious effects on the glandular system. This, I have seen in my own practice.

One hour is a very short time to talk on this subject in its entirety; I must hurry on to other points.

In our proper balanced diets, our research has found that if we eat 30 percent proteins, 20 percent fats (mostly from unsaturated oils), and 50 percent carbohydrates, we will have better health.

Another big factor is in the preparation of meat, such as beef. This should be eaten on the rare side of medium. If you cook beef well or extra well done, you cook out the best part of the beef, which is the juice or protoplasm. This way is the diseased diet way. Are you guilty?

The subject of fats is another lengthy story and time will not permit a lengthy discussion.

The human body does much better on un-saturated oils as these are easily digested. The best sources of these oils are flaxseed oil, sesame oil, safflower oil, and peanut oil. Corn oil is one of the poorest; besides, if you watched a farmer to see how many times that he sprayed his corn with insecticides, etc., you can readily see why corn oils contain many insecticides, such as D.D.T., that are most harmful to the body.

Animal fats and oils are not suited for human beings (cut off the fat from the meat you eat); the saturated hydrogenated or hardened oils like oleomargarine (all types) and frying fats. Don't be taken by propaganda, especially on oleo. When you start with a polyunsaturated or unsaturated oil and put it through a hydrogenation or hardening process, you change the oil to a saturated oil.

One of our causes of building cholesterol is from our intake of saturated oils and fats. Other causes are hypothyroidism and a low protein metabolism.

Carbohydrates, while consisting of 50 per cent of our food intake, are important. Do not mix heavy starches such as bread, potatoes, corn, lima beans, Boston beans, macaroni, spaghetti, etc. In other words, the heavy starches when you eat proteins. When eating a protein meal, use the lesser carbohydrate foods, which are found mainly in the green and yellow vegetable family. You will also find that the more that you eat these vegetables raw or partially cooked that you will digest them better and get more good out of them, thus, producing better health.

If you overcook your vegetables, or mix them improperly, you are eating a diseased diet.

It is unfortunate that men and women of today refuse to accept the responsibilities of their own health. When you get sick, it is your own fault, for it means that you have allowed your body to deteriorate by not giving it the complements of health, such as, vitamins, minerals, enzymes, co-enzymes, hormones, proteins, fats, and carbohydrates. To these we could add proper air for breathing, sunshine, good water (and this is something that is very poor in this area and it is being made worse daily by detergents, and other chemicals) and proper rest.

In closing the formal portion of my talk, I would like to leave you with this message, called:

FUNDAMENTALS OF FUNDAMENTALS

Many people make a serious mistake in assuming that their bodies are their to do with as they desire. Our Creator lends bodies to individuals during their short stay on this earth, so that they may express themselves physically, emotionally, mentally, and spiritually.

For this loan, like any other kind of loan, our Creator demands payment; but this payment, unlike any other financial obligation, is very reasonable. The payment consists of diligent care and nourishing of these bodies in full conformity to the terms and conditions as outlined by our Creator in the Holy Scriptures. These laws have been known throughout the ages as Natural Laws.

Man throughout the ages has taken great delight in his attempt to break these laws. No man can break the divinely created laws of God. He may violate them, but he cannot break them.

Every so often one reads in the newspaper of someone who tries to break the law of gravity by jumping out of twenty-story building. None of these individuals break the law of gravity, but they break almost every bone in their body when they hit the sidewalk.

No man, no matter how hard he may try, can escape his vital relation to the universe, as it is forever fixed by these laws. Man, with all his might, cannot change or alter them. These laws are absolutely non-yielding and are constantly and vigorously enforced by powers beyond any man's control. Ignorance of these laws has never been, or will ever be accepted, as an excuse for breaking them. Remember, each time you break these laws, you must pay. There isn't any escape or any chance of not being caught. You will be penalized by worry, disease, fear, confusion, discontent, insecurity, anger, insanity, and a broken life--and then you head for the underground bungalow.

Conformity to these laws always brings its own rewards; as proof of the above statement--

"My son forget not my law; but let thine heart keep my commandments, for length of days and long life, and peace shall they add to thee."
--Proverbs 3:1,2

NOTE: DR. ELLIS HAS GENEROUSLY OFFERED TO ANSWER READERS QUESTIONS THRU NLS. NAMES & ADDRESSES MUST ACCOMPANY LETTERS BUT WILL NOT BE PRINTED UPON REQUEST.

IF YOU WISH TO HEAR DR. ELLIS ON WOR RADIO IN NYC, WRITE BAREY FARBER, WHO HAS A TAPED INTERVIEW. ENOUGH RESPONSE SHOULD GET A REBROADCAST. LET NLS KNOW WHEN A DATE IS SET.

Need help?

The Environmental Facilities Corporation replaces and expands upon the former Pure Waters Authority. The EFC was created in 1970 by the Legislature on the recommendation of the Governor.

The purpose of EFC is to aid counties, cities, towns and villages and State agencies in the abatement of pollution. As defined in the law, it can engage in "planning, financing, construction, maintenance and operation of sewage treatment works, sewage collection systems, air pollution control facilities, water management facilities, storm water collecting systems and solid waste disposal facilities."

Local municipalities, counties, and regions are potential clients of EFC. If you think they might be helpful to your area, we suggest that you get in touch with the Corporation at 41 State Street, Albany, N. Y. 12207.

Harold Bate, chicken farmer, thought running his car on chicken manure would be a logical way to beat the high tax on his native England's gasoline prices.

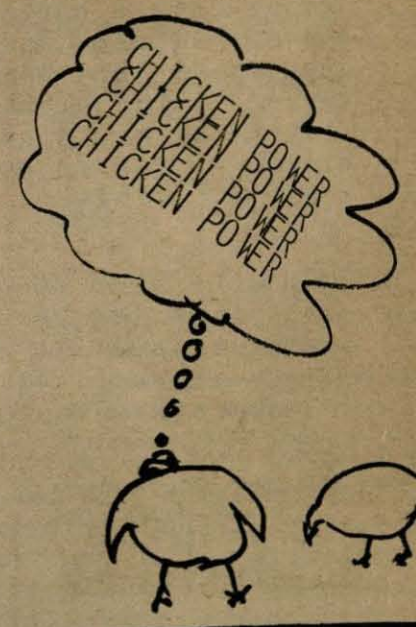
His countrymen's traditional tolerance of eccentrics was, in Harold's case, unfortunate. While sympathetic ears, and even radio and television time were accorded him in the time-honored fashion of such a nation, no attention whatever was paid to the scheme itself. Even the stamp of official approval he received from the government's Ministry of Transport, did little to advance his case - the English placing harmless eccentrics and politicians in much the same category.

So it was that Harold Bate and his chicken powered 1953 Hillman, even at 75 m.p.h. travelled the land virtually unnoticed. After two or three years of this, a despondent Harold travelled to Canada and explained his invention to television audiences there.

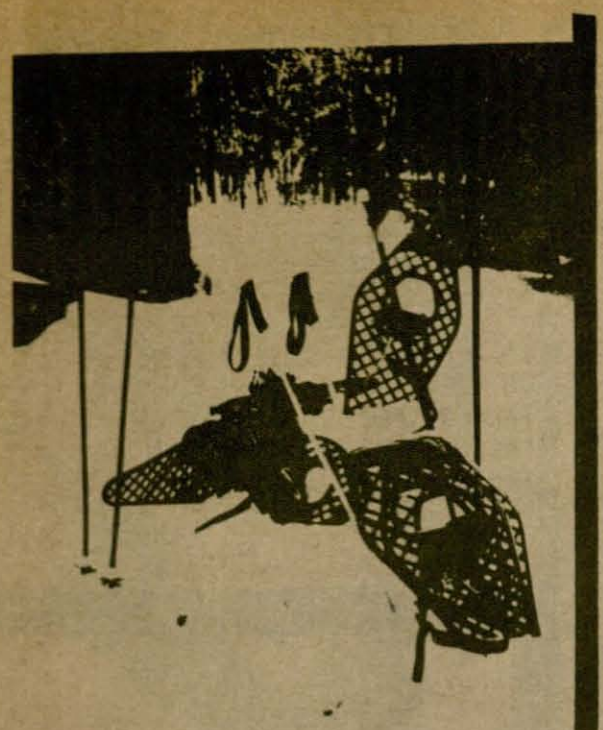
Mr. Bate produces Methane gas by simply sealing four or five gallons of chicken manure in a drum, and heating it to a constant 80° with a small oil lamp. The gas is collected in bottles or plastic balloons through a small exit valve, and stored for use. Bate heats his farm buildings, as well as running a five-ton truck on the gas. Both car and truck run faster, cleaner and better on the Methane gas which is sucked into the engine by the cylinders and ignited in the usual way. The conversion from gasoline to Methane power is made by the installation of Bate's 6 x 5 inch patented carburetor attachment. An emergency or permanent switch back to gasoline can be made by the flick of a control from inside the vehicle, even while in motion. The device will also run an engine on other types of gas including Propane or natural gas. These fuels are not only inexpensive or plain free, but are also efficient and better for a car's engine. "No carbon deposit on your cylinders and no engine wear or poisonous carbon monoxide fumes", says Harold. With all of these advantages, a purchased "Bate Convertor" ought to pay for itself within a reasonably short period of time.

Harold Bate does a little better now that a worldwide interest in the environment prevails and the automobile is well known as a major polluter. He markets a complete conversion kit, which includes the device, fitting instructions anyone can follow, and details and drawings on at-home Methane production.

This "Care Package" for the air, exactly as Harold Bate sends them out, is retailed by mail in the U.S.A. at $35.00 complete, by EARTH MOVE, Box 10121, Portland, Oregon, 97210. Harold Bate, thank you.



According to the U.S.D.A., meat labelled hamburger in restaurants must be all meat in origin. If soy protein or other extenders are added, the product must be labelled beef patties or patties. The content of such goodies as "Beefburgers", "Giantburgers", "Superburgers", etc., is anybody's guess. In supermarkets, hamburger can have 30% fat -- even from outside sources. Ground beef can also have 30% fat, but it must come from the meat being ground so it usually has less fat and higher quality. There are no standards for prepackaged patties.



Over 20% of the population of the United States lives on less than 2% of the nation's land.

VIVA LA DIFFERENCE

How much useful protein does a 1,000 lb. steer make in a day? About one pound. Compare that with the protein produced by 1,000 lbs. of yeast -- 4,000 pounds a day!

Aspirin should never be taken on an empty stomach and never when suffering from a hangover because alcohol increases the damage that aspirin causes to the mucus secretion in the stomach allowing acid to penetrate its walls.

Food will keep up to 2 weeks in a freezer compartment at 15 to 20°. Longer storage requires a temperature of zero.

"Askutesquash" is the Marragansett Indian word for "vegetables eaten raw" from which we get our word squash, which we usually cook, however.



IN WILDNESS

The northwestern corner of Wyoming contains a greater concentration of National Parks, Forests, Wilderness and Primitive Areas than any other comparable section of the United States. These include Yellowstone National Park, Grand Teton National Park, Teton National Forest, Bridger National Forest, Targhee National Forest, Shoshone National Forest, Teton Wilderness, Bridger Wilderness, North Absaroka Wilderness, South Absaroka Wilderness, Popo Agic Primitive Area, Glacier Primitive Area and Stratified Primitive Area. There are over 50 peaks in excess of 11,000 feet elevation, more than 20 active glaciers and hundreds of lakes in this area. The wildlife is abundant; the fishing is excellent.

Many people visit small sections of this area during the summer months. However, most of the region remains genuine wilderness rarely visited by man. It is our belief that by providing an opportunity for the individual of average hiking ability to explore and sample this area, Thoreau's concept, "In wildness is the preservation of the world", will begin to reveal its meaning.

Our concept is quite simple: To provide the basic resources necessary for making travel and living in wilderness areas a meaningful experience. These include a qualified naturalist familiar with the area to assist in the interpretation of the wilderness environment.

There is a great deal of flexibility in planning our trips to suit the interests and ability of each individual. The number of people in each group is limited to five. Our fee is $22.00 per day per person. This includes food and transportation from Jackson, Wyoming, but not personal equipment.
Our program is geared to the person of average ability and fitness.

In addition to our list of basic trips, here are some of the highlights of the wilderness seasons:

Spectacular Spring flowers offering many photographic possibilities
A great variety of butterflies
Animals such as the Shiras Moose and the Wapiti (Elk)
Rare birds such as the Bald Eagle
Excellent trails for hikers
Rock and snow offering any degree of challenge to the climber
Beautiful early Spring weather for ski touring
Classic examples of geologic processes at work
Superb trout fishing
Canoeing on lakes and rivers

With all the possibilities open to an active individual, perhaps the greatest of all is the opportunity to meditate and reflect, to relax and dig it!

Paul Lawrence
Box 997
Jackson, Wyoming

THE COMPLETE WALKER by Colin Fletcher ($6.95) Alfred A. Knopf ,N .Y.
A bible for backpackers, read it before you go on that first big walk. Fletcher "practices what he preaches" walking through deserts, over mountains, 1000 miles at a time! Every area he covers represents a great deal of personal experience. Here is what he has to say just about socks:

" On almost every count--resilience, sweat absorption, insulation, and general comfort--wool is the material. But nylon reinforcement--10% throughout, and/or up to 40% at heels and toes--increases durability without detracting appreciably from the other qualities. The best sock thickness depends on whether you tend to suffer from hot feet, cold feet, tender feet, or none of these afflictions. In theory it would seem obvious to put on a thicker pair of socks in cold weather. But if your boots fit perfectly with the socks you normally wear they will pinch with a thicker pair. You are left with two alternatives: buying a second pair of boots, or getting by with the usual socks. (If conditions are severe enough to justify overboots, you probably need two pairs of thick socks and big boots anyway.) Some people wear only one pair of socks at a time, others find that two pairs--the thinner ones inside--help reduce friction between feet and boots.

I wear a single pair of medium weight Aspen socks, made by Adler. They're 85% wool with 15% nylon reinforcement throughout and 39% nylon-reinforced heels and toes. (Weight, 4 ounces; $1.50 per pair; three for $4.) These socks are labeled "shrink resistant," and to my surprise they are. Their eleven-inch tops are long enough to turn down over ankle boots when I'm wearing shorts (which is almost always) and an ordinary rubber band keeps stones and dirt from falling down between socks and ankle. I buy my socks in a hue so shocking-red that I could hardly walk away from camp and leave a pair hanging out to dry or just lying around. Red is the photography color too: a small splash or it can crystall an otherwise amorphous subject. And the more bright colors in your clothing, the greater the chances of your being seen--from land or air--in case of accident.

"an unstructured summer experience for people 10 to 17"

ROARING BROOK

A Summerhill-type experience on 135 natural acres in the clean air of the Massachusetts Berkshires. Exposure to "open" workshops: art, music, pottery, leathercraft. "Whole Earth"®-oriented organic farming and camping. Horseback riding and "old swimming hole" on our grounds.

More information? Write to Jill and John Bowes, Box 215, Conway, Mass. 01341, or phone them at (413) 369-4638.



SOAP OPERA SOAP
OPERA SOAP OPERA
SOAP OPERA SOAP

More Soap Opera: Akron Ohio has jousted with the Soap and Detergents Association by passing an ordinance last December (1970) limiting phosphorous and completely banning it by June, 1972. In a countermove, the Soap and Detergent Association got a court to issue a temporary injunction against the law. However, the good guys may win after all: Harold Neiman, author of the original bill, obtained a listing of phosphate content from the House of Representatives, and the Akron City Council has passed an ordinance listing 28 detergents and their phosphorous content.

"It's not a boycott," Neiman said with a straight face. "I prefer to think of it as selective buying by environment minded citizens."

In a similar move, NY State Attorney Lefkowitz has brought suit against Colgate-Palmolive Co. and Lever Brothers for failing to label the phosphate content on several of their cleaning products.

(COMPLETE WALKER - from p. 84 - another note - Colin Fletcher always walks alone, his life depends on his equipment and knowledge!)

These Aspen socks now come only in white, and I've not yet been able to find a red equivalent. Nor have I yet tried out a new sock called Wick Dry (4½ ounces; $2.95). It has two layers. The inner layer of moisture-repellent orlon is reputed to "wick" perspiration to the outer layer of moisture-absorbing yarn (10% cotton), where it evaporates. Some experienced hikers have reported favorably, but I confess to skepticism.

I carry three pairs of socks at a time. The two spare pairs go into an instantly accessible pocket on the outside of the pack flap. In hot weather, I often change socks every hour and tie the sweat-drenched pair on top of the pack to dry. A three-foot length of nylon cord knotted to the upper crossbar of the packframe secures the tops of these socks with a clove hitch; and tucking the socks under the pack's closure strings prevents them from slipping off to one side. (Well, usually prevents.) In cooler country I may wear the same socks all day, or almost all day, but any dirty pairs hang purifying on top of the pack. If a dirty pair has to go inside the flap pocket for any reason (such as rain or snatching tree branches or recently washed socks that monopolize the outside drier) I segregate them hygienically in a plastic bag.

A pair of socks no doubt lasts longer for some people than for others. In the six months and thousand-plus map-miles of my California trip (many more on the ground) I wore out nine pairs."

ECO-JAPAN: SLOWDEATH

A 28 year old Japanese factory worker killed herself a year and a half ago because she knew she was suffering from itai-itai (pain-pain), a vicious disease caused by cadmium poisoning from industrial work. An autopsy performed on the woman a year and a half later (a dying request her mother was at last able to secure) showed the severest case of cadmium poisoning to date: 22,400 parts per million in the kidneys.

Cadmium poisoning attacks the bones causing them to become soft and fragile. The pain is excruciating, and the agony, like that which accompanies mercury poisoning, lasts ten to fifteen years before death finally comes.

Before she died Takako Nakamura had written in her diary: "The fear of cadmium contamination permeates my body Pain gnaws at me. I feel I want to throw out my stomach and intestines. If ever I recover from the disease I want to become a case worker."

Hundreds have already died of mercury and cadmium poisoning and hundreds more are afflicted. The polluted ecology is an inflamatory issue daily discussed in Japanese media, yet Premier Sato himself reflected the hopelessness felt by the victimized citizenry when he confessed on TV last month that powerful men of industry have so much influence on the government, it is difficult to frame effective legislation against polluters.

The sinister pattern of the Government is seen in some agreements recently concluded which provide for a major U. S. copper company to shift its most polluting operations to Japan, explicitly to avoid U. S. anti-pollution laws. Japan has also announced that an industrial park for some of her worst polluters will be established on South Korea's south shore. And it will be a long, long time before the South Koreans are able to defend themselves.



Cat Food



Whales P.O. Box 131, Del Mar, California 92014

☐ Please enroll me in The Whale Campaign and send me ____ set(s) of "The Songs of the Humpback Whale" (12-inch stereo record and 40-page book).

☐ I enclose $9.95 per set. CRM pays shipping and handling.*

☐ Bill me $9.95 per set, plus shipping and handling.

I understand that the majority of profits from the sale of these records and books goes to The Whale Fund of the New York Zoological Society.

NAME _____
please print
ADDRESS _____
CITY _____
STATE & ZIP _____

*California and New York residents please add sales tax. PLAX SWR11

Why the great whales are being slaughtered... and what you can do to help save them

Whales are being slaughtered to the point of extinction for pet food (and for motor oil, paint, margarine, soap, suntan oil, hand cream, lipstick, and so on). Yet there is not one single product of the whale for which there is not a more readily available substitute.

Whales are being wiped out by commercial whalers at a rate that will make the whales effectively extinct in less than a decade—a rate that will consequently ensure the extinction of commercial whaling too!

If this incredible display of mindless greed offends you . . . and if you would like to actually do something, personally, to help right one of man's transgressions against nature . . . you should welcome this opportunity to join The Whale Campaign, a nonprofit program of the New York Zoological Society that has been organized to put whales under effective, world-wide protection.

Your membership fee of $9.95 enrolls you in The Whale Campaign and brings you a copy of the extraordinary new 12-inch stereo recording, "The Songs of the Humpback Whale," and a 40-page book. The majority of the profits from the sale goes to the Whale Fund.

A Triumph for 20th-Century Technology

If you think whaling folded when kerosene lamps were invented, you just haven't kept up with the industry's progress. In fact, man has become almost as efficient at killing whales as he has at killing men!

Thanks to innovations such as cannon-fired harpoons, today's electronically outfitted whaling ships average between one and two kills per day. Back in Ahab's time, the average was closer to one a month. In the decade of the '60s, the whaling industry racked up an all-time record. At present rates the industry has less than ten years left before there aren't enough whales to make whaling profitable.

Act Now . . . or Forget About Whales

The Whale Campaign is a crash program to convince users of whale products to accept alternatives—to reach the business powers, interest groups, and statesmen who, acting together, can enforce world-wide protection for whales—to finance continued research into the little-known nature of whales.

The Songs of the Humpback Whale . . . Yours When You Enroll in the Campaign

Dr. Roger S. Payne discovered that Humpback whales—among the most intelligent and mysterious of animals—sing incredible, complex songs with recurring themes and cycles. Dr. Payne recorded these songs—and the resulting stereo record has overwhelmed the people who have heard it. The accompanying book explains how the songs were discovered and recorded, and explores the possibility that the lowest notes may travel tens, hundreds, or even thousands of miles through the ocean, perhaps to other whales far away.

This important, profoundly moving record and 40-page book are yours when you enroll in The Whale Campaign. Why not fill in and return the coupon now, while there's still time?



OUR PRECIOUS PETS by Ann Wigmore, D.D. ($.95) National Humane League, 25 Exeter St., Boston, Mass. 02116. Ann Wigmore has been known for years for the healing therapy program presented at the Hippocrates Health Institute in Boston. She offers her insights and techniques to both humans and animals alike. As a raw food, vegetarian her discoveries are quite different from any other pet publication you are apt to encounter.

The book covers common sense healing suggestions for chronic ailments and first aid hints. There are instructions on how to select the right pet for you by astrology and numerous delightful stories.

THE INCREDIBLE JOURNEY by Sheila Burnford (60¢) Bantam Books, Inc., 414 East Golf Rd., Des Plaines, Ill. 60016. If you like nice animal stories, this one is a winner.

(*KILLING YOUR PET, continued from page 88*)

or even fresh steak is that it is incomplete. In nature, carnivores will devour all their kill - bones, innards, blood and marrow. Fresh meat from the store has been drained of its very rich blood and represents a small portion of the source. Wild carnivores will also eat mud, grass, berries, fruit, etc., to complete their diet.

Pet foods often will have their taste and smell changed to appeal to the owner of the pet resulting in enthusiastic responses without the correlating benefit. Don't think your pet will like food prepared the way you like it seasoned, etc., or three times a day, you will end up with a fat dog with bad breath who will die early in life, or wish he had.

Choose a recognized product with the minimum of synthetic additives. Dry foods are economical and generally good. Semi-dry often use sugar as a preservative. Avoid cheap canned foods altogether. Look at the label for percentage of protein; it should be over 10% and include meat as well as meat by-products. "Flavors" are for you not the pet. Add table scraps and feed only once a day at the same time, (growing animals should be fed more often on your vet's advice). Feed your pet less if it is inactive.

Finally, take a good look at yourself. Do you want your pet to look like you? Do you want to look like your pet? You both are what you eat.

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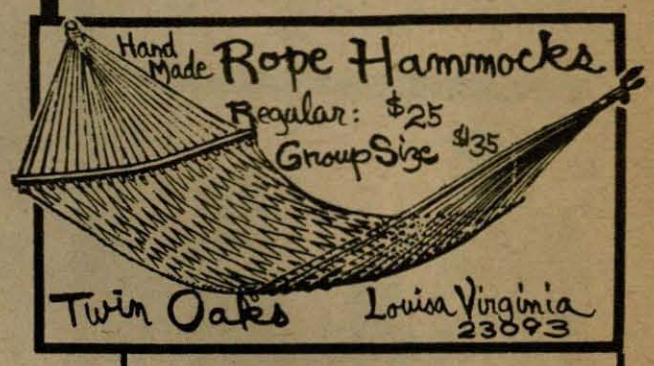
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HAS ALL MACROBIOTIC FOOD PRODUCTS AT YOUR LOCAL HEALTH FOOD STORE, OR WRITE
1262 HUMBOLDT AVENUE, CHICO, CALIFORNIA 95926

Soybeans (Cont'd from p. 58)

The trick to cooking soybeans in a pressure cooker is to remove the possibility of a plugged steam vent by open pot cooking them for a few minutes, constantly skimming the froth and bean skins from the top surface of the cooking water. (Use enough so they float and can be stirred a bit.) A second precaution is to actually stretch a screen of cheese cloth or fine copper mesh inside the pot lid below the steam vent to prevent foamed-up skins from clogging the vent. Once the lid is on and cooking, just keep an eye on the steam flow; as long as it is regular, everything's fine. If the flow stops, remove from heat, cool under cold running water; when pressure is gone, remove lid and clean vent. We have never had to use this last step.

Bob & Isabelle



SCULPTURE FOR FISH.....

I've never kept fish because of the boreing containers most fish are forced to live in. I've always found much more pleasure observing them in their natural environment. OK, there are lots of positions to be taken around confining creatures, etc, but let me air an idea I have which I would really like some readership response to:

If I were a fish living in a tiny round bowl or glass box, I'd hate it. I think I would prefer an environment with variety and changes, places to go, tides to run with, forces that make me occasionally adjust my patterns a bit.

How about a sculptural marine life environment which abstract the natural environmental qualities particular to its inhabitants? An environment which occupies a human living space as an active piece of sculpture designed to enhance and counterpoint the natural processes occuring within it. Not simply an artfully blown glass bowl or kidney shaped tank with gimickey colored lights flashing on & off - a piece of sculpture that combines technology and new materials with an understanding of nature.

TIDE SCULPTURE - An environment with built in tides, shifting of water levels which may force its occupants to relocate in different parts according to the tide table. This could be timed to correlate with the actual tides of the area or anywhere else in the world. How about observing the drama and timing of the Bay of Fundy in your Iowa living room? Talk about global consciousness..... This could be accomplished by a balanced or suspended shape which would slowly tip one way, then another, through the action of a motor. (Could be worked by Jeffersonian clock apparatus which is silently driven by slowly descending action of a hanging weight.) Other ways to cause this shifting of center of gravity might employ the action of water seeking its own level, or the effect of the bubbling recirculating pump.

PLACES TO GO - utilizing clear plastic tubing of various diameters, an environment would be permanently built on to an entire wall of your house, floor to ceiling. By knowing the territorial and feeding habits of fish, you could introduce intriguing living patterns into this sculpture. Imagine a school of fish as they find their way through a maze of shapes to their daily feeding area (so constructed as to not permit their remaining there, but to travel to another part of their (your) environment to rest.) Breeding and nesting patterns could be brought into this with graphic results. The construction could be as formal and diagramatic as one wished, or a total spagetti of organic shapes (or obviously some combination of the two.) For added graphicness, I'd stretch opaque white vinyl or plastic over the wall before constructing the sculpture. Behind these panels, I'd place florescent lights which diffuse considerably through the plastic. These lights could be turned on to accentuate the contour and colors of the occupants and the environment. The air bubbles of the recirculating pump could be programmed through the assorted channels of the space to provide additional visual activity.

Bob













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THREE-LEGGED DOG CLUB

This is Eve who lost her leg to the highway in 1968. The vet felt that the damage was too extensive to offer more than an immobile stump which would always be subject to damage. Removing the leg totally from the shoulder has given her fantastic mobility; she can retrieve from a slippery frozen lake surface with agility and faster than her four-footed brother, Adam!

Dogs are creatures of love and devotion, constantly ready to comfort you when you're sick, snap you out of a low by saying "Let's go!" and willing to die in your defense. An animal mirrors his master, as can a master reflect the pure sensibilities to be learned from the animal. Examine yourself through your pet's eyes.

Most animal owners are just that - animal owners. The pet is regarded as an object, a piece of furniture to be bought, sold, discarded without a sense of obligation. Their value system relies on criteria outside the animal - owning for status based on cost, social leverage, pedigree, show points and obedience tricks. These values are excellent arguments for the elimination of the "vanity" animal market in favor of the "mut" system, especially when you encounter the high-strung inbreed varieties which are both physical and emotional freaks.

We occasionally run into the "vanity" mind with Eve when an outside remark is overheard "If that happened to my dog, I'd have her put away", killed to be precise. Such a mind has obviously never known an animal truely. It is without internal values or self knowledge and identified its existence and "taste" with the cleanliness of a square, chlorinated, aqua-colored swimming pool and fears the lily pads of a country lake. One who has never known an animal is missing knowing something beautiful of themselves. We have had people (upon seeing Eve's agility) sorrowfully tell us they had long regretted having their pet destroyed rather than let it live with three legs.

Of course, on the other side of the coin it gets a little tiring to tell Eve's story to every stranger who asks. Does it really matter why? There is the dog; respond to her with your heart; give - quit talking; throw a stick; pet her; talk to her! Isabelle will often tell kids that she is really a hamster who has been thinking real hard about becoming a dog. So far she has succeeded in growing a dog's body, head, tail and three legs, she is working on the fourth leg right now! Our other favorite approach when asked "How did your dog lose its leg" is to do a surprised double-take and start quizzing her with mock scolding gestures about "When did you do this, dummy?" Eve thinks this is just great and most people just tiptoe away leaving us to our Marx Brothers game.

We've often thought that Eve would make a great mascot for a therapy center devoted to the rehabilitation of amputees, etc. Her optomistic spirit and obvious accomplishment is a real source of inspiration.

The tri-padshepherdcompanion is Candy who lives in another town with a bunch of kids.

We would like to make the THREE LEGGED DOG CLUB a regular part of NLS. Send us photos and stories of your friends.

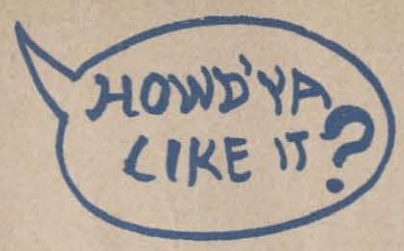
Bob and Isabelle

pet killing

Today's cat, & dog, are usually dependent totally on what you feed them and many pet foods on the market have little nutritional value. Pet food is big business, more is sold than baby food in America. This billion dollar industry is competing for the buck and cares little about your dog's health. "Meat by-products" on a can of cheap dog food may be hair, lung tissue, gristle, pigs' hooves, tails, etc., little of which can be assimilated by the dog as nourishment, although all are proteins. The carbohydrates may be indigestible cellulose and the fat a useless mineral compound!

Pet food must be usable by the animal and in the proper proportions of starch, amino acids, fats, vitamins and minerals. Most people think carnivorous animals need nothing but meat and that a can of meat will do the job. The problem with giving your dog a can

(continued on page 86)



STICK AROUND OUR NEXT ISSUES WILL BE EVEN BETTER.....HERE'S A PARTIAL RUNDOWN ON THINGS IN THE HOPPER:

NATURAL CHILDBIRTH - THE MOTHERS AND THE PROFESSIONALS

BASS FISHING - BY THE CHAMPION RED NECK LINE WETTER

CHINESE COOKING - NANCY LEE HAS A THOROUGH INTRODUCTION TO THE SUBJECT

MAP READING - GOING FOR A HIKE? LOOKING FOR A HOMESTEAD? BUILDING A POND OR HOME? GOVERNMENT MAPS CAN REALLY TELL A LOT

MEDITATION - THROUGH YOGA, ZEN AND CONTEMPORARY ART FORMS

FOOD CO-OPS - A MAJOR MOVEMENT SOLVING THE QUALITY / COST FACTOR

VEGETARIAN COOKING - USEFUL INFORMATION FOR ANYONE DURING THE ABUNDANT SUMMER

ANIMAL CRACKERS - FEEDING KIDS

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RAW FOODS - THE ADVANTAGES OF SUN COOKED FOODS

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